YMCA MEMBERSHIP COMPARISON CHART

TYPE	1979	1983	%INCREASE	INDIANAPOLIS	MUNCIE	RICHMOND	LAFAYETTE	ANDERSON	KOKOMO
YOUTH	12.00	24.00	100%	84.00	58.00	40.00	42.00	40.00	45.00
STUDENT	20.00	36.00	80%		67.00	55.00	*	60.00	55.00
ADULT	30.00	72.00	140%	180.00	185.00	125.00	90.00	120.00	190.00
FAMILY	none	144.00	*	276.00	265.00	225.00	138.00	225.00	245.00
FITNESS CENTER	150.00	240.00	60%	300.00	352.00	240.00	240.00	240.00	275.00

NO YOUTH IS DENIED MEMBERSHIP OR CLASSES AT THE YMCA FOR ECONOMIC REASONS

Women's Fitness Camp

August

7-13, 1983

Camp Na Wa Kwa

THE TOTAL

FITNESS EXPERIENCE

For the Body...Rejuvenation
You will follow a planned program of exercise and good nutrition. You will be on a special low-calorie, balanced diet. You will choose each day to take part in a variety of activities: water exercise, aerobic dance, jogging, canoeing, volleyball, stretching, conditioning, hiking, and to top it off, a relaxing massage.

For the Mind...Enrichment
Our staff of experts and guest speakers will provide the latest information on physical fitness, health care, nutrition, weight loss, hair and skin care and more, giving you the tools you'll need to bring about total fitness.

For the Spirit...Nourishment
Whether it comes from the fellowship of new friends, outdoor chapel, living close to nature, taking long walks alone or napping by the pool, spiritual revitalization is a benefit you may not expect, but certainly will enjoy.

THE STAFF

Sarah L. Fisk—Camp Director
Sarah is the Director of Program Services for the Terre Haute YMCA. She is a certified instructor in YMCA Basic Fitness and Fitness Fantasia, and has attended workshops in weight control and health enhancement.

Leslie Sutherland—Aquatics, Sports, and Fitness Director
Leslie is the Physical Director for the YMCA. In addition to her extensive knowledge of physical fitness, she is also certified as a water safety instructor, basic fitness specialist, Fitness Fantasia instructor, Tuned Up Fitness, and the Y's way to a healthy back.

Kim Keyes—Fitness Fantasia [Aerobic Dancing] and T.U.F.
Kim is a certified Fitness Fantasia instructor and has developed a very popular "aerobic dance" program for the women at the YMCA. Kim also instructs co-ed Tuned Up Fitness classes.

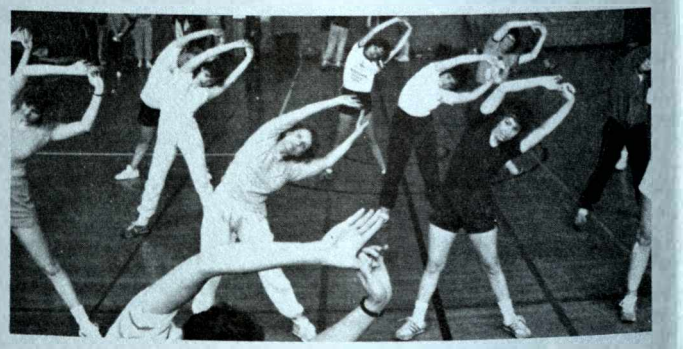
Jackie Wagner—Craft Director
Jackie will bring her knowledge, skills, and motivation to camp as she directs her talents in the area of crafts. Her enthusiasm is catching.

Louise Anderson, R.N.—First Aid
Brenda Hamrick—Water Front
Marilyn Beaver—Weight Training and T.U.F.

A TYPICAL DAY AT CAMP

[The schedule may vary.]

7:00—Rise and smile
7:15—Stretch, jogging, nature hikes
8:15—Chapel
8:30—Breakfast
9:30—Exercise
10:30—Fitness Fantasia, weight training, conditioning, volleyball
11:30—Water exercise, canoeing, sunbathing, crafts, T.U.F.
1:00—Lunch
2:00—Above activities
3:15—Exercise
4:00—Above activities
6:00—Dinner
7:00—Free time
8:00—Evening program
9:00—Free time
10:30—Lights out



CAMP FEE

YMCA Members.....$110.00
Non Members.....$145.00

The fee includes all meals, lodging, and craft items.

HURRY—REGISTRATION IS LIMITED!

THE CAMP

Camp Na Wa Kwa is located near Poland, Indiana approximately 35 minutes east of Terre Haute. The camp is accredited by the American Camping Association. 259 acres of rolling hills, wooded forests, and running streams make up its beautiful terrain. Camp facilities include dining hall and lodge (with a brick fireplace), open air recreation shelter, outdoor pool, a canoeing area, nature center, playing fields, campfire sites, and plenty of hiking trails.

Accommodations include clean dormitory log-type cabins and open-air platform tents, each with cement floor and cots. Sanitary restrooms with hot showers are located near the cabin and swimming pool area. Meals will be served in the dining hall, with programs meeting outside (to enjoy the sunshine) in the beautiful natural setting. The camp is well suited for an all-around fitness camp program.

IMPORTANT

We request that **all** ladies have a doctor's O.K. Make sure to let your doctor know that you will be on a low calorie diet in addition to a vigorous fitness program for the six camp days. Good nutrition is the cornerstone of fitness. Your diet will be a low calorie, nutritionally rich one with your physical well-being in mind. Please bring **NO** extra food, snacks, or alcoholic beverages to camp. Supplemental food available.

REQUIREMENTS

- Females ages 18-65 only.
- You do not have to be a YMCA member to register.
- Register early! We are limited to the first 50 who sign up.

WOMEN'S FITNESS CAMP REGISTRATION

MAIL TO: Women's Fitness Camp, Terre Haute YMCA, 200 So. 6th St., Terre Haute, IN 47807

To register: Send this registration form along with $25.00 non-refundable deposit.
Registration must be mailed by August 1.

NAME _____

ADDRESS _____

_____ PHONE ( ) _____

AGE _____

You may charge your deposit and fees: MasterCard# [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]

_____ Exp. Date _____ 19 ____
Signature as it appears on your credit card.

CAMP FEES: Members: $110.00 per camper per week / Non-members: $145.00 per camper per week.
Send your $25 deposit today; ½ of balance of fee is due by July 1 and total due by August 1.
Upon our receipt of your registration, further information will be sent to you.

Terre Haute YMCA
200 So. 6th Street
Terre Haute, IN 47807

Phone [812] 232-2361

NON-PROFIT ORG.
BULK RATE
POSTAGE PAID
PERMIT NO. 333
TERRE HAUTE, IN.

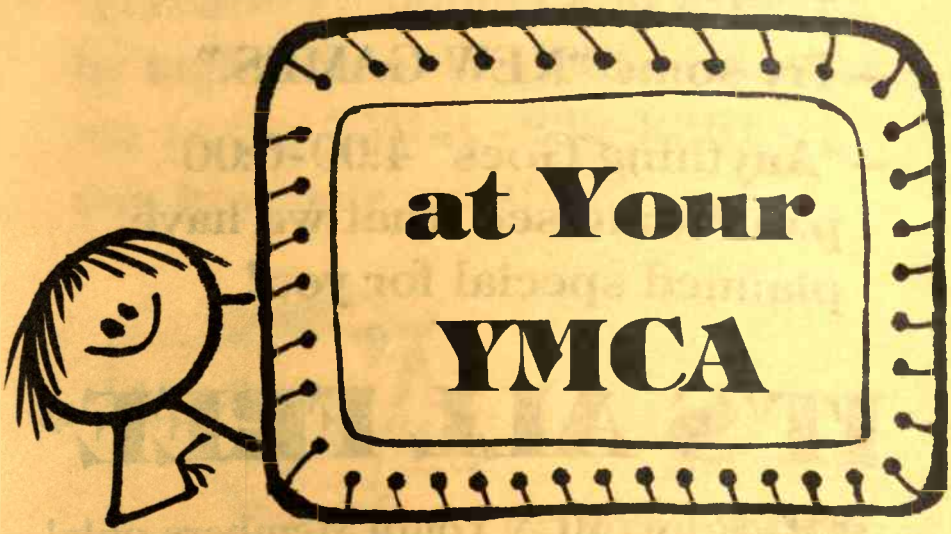
Deliver to:

A United Way Agency

Hey Kids...

Have A

FALL OF FUN



HEY KIDS!

Come to the Terre Haute YMCA for our AFTER SCHOOL PROGRAM.

—All the fun begins NOW! The program will be conducted Monday-Thursday's after school from 4:00 to 6:00 p.m.

Here's What's Happening:

—Tournament Day, including pool, ping pong, checkers, relays, foosball, rocket hockey, 4-square, and much more.

—Try some "NEW GAMES."

—"Anything Goes" 4:00-6:00 p.m. Come see what we have planned special for you!

IT'S ALL FREE*

***FREE** to YMCA Youth Members only!

Dear Parent,

The YMCA is conducting an after-school program, M-Th, 4:00-6:00 p.m. We would love for your child to participate.

All activities are **FREE** to YMCA Youth Members only! A youth membership costs just $15 per year. The YMCA will provide a youth scholarship for any youth who cannot afford the fee. Activities will be organized by myself and conducted by ISU recreation students and assisted by high school students. Contact me at the YMCA - 232-2361 - if you have any questions.

YMCA® Youth Programs A Great Idea

Sarah Fisk,
Program Director

HEY KIDS,

Did you miss out on the fun this summer because you didn't know how to swim? Well, now you can learn at the YMCA.

WHAT: **Red Cross Swim Lessons.**

WHERE: **YMCA Pool, 200 S. 6th St., Terre Haute, Indiana**

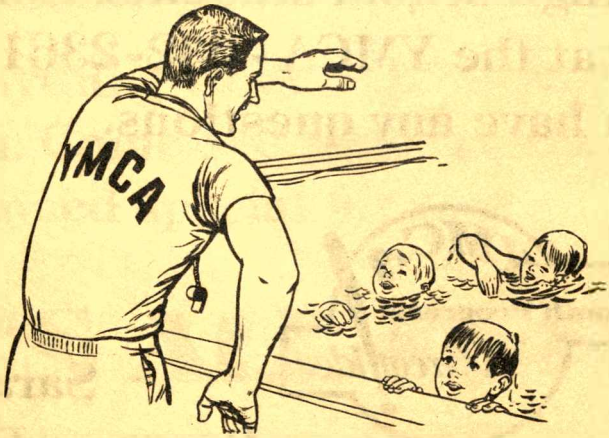
WHEN: **The next 3-week sessions begin Oct. 4 & Oct. 25. Classes offered meet after school Monday thru Thursday, 3:30 to 5:00 p.m.**

WHO: **Youth Ages 6-14 may enroll at their appropriate skill level.**

FEES:
YMCA Member: $10.00
Non-Member: $16.00

For more information about the YMCA Learn-to-Swim Program stop by the YMCA at 200 S. 6th St. or call 232-2361.

P.S. PARENTS: We also offer classes for Water Babies and Preschoolers. For more information call the YMCA at 232-2361.



Terre Haute YMCA
200 S. 6th St.
Terre Haute, IN 47807

A UNITED WAY AGENCY

Non-Profit Org.
Bulk Rate
POSTAGE PAID
Permit No. 333
Terre Haute, Ind.

DELIVER TO:

YMCA
A Great Idea

TERRE HAUTE YMCA . . .

. . . "SERVING THE WHOLE FAMILY."

facilities
physical fitness

TEAMS/LEAGUES
MENS FITNESS CENTER
AQUATICS
YOUTH

GENERAL • MEMBERSHIP INFORMATION

★ FACILITIES ★

THE TERRE HAUTE YMCA HAS MANY FINE FACILITIES AVAILABLE FOR USE BY ITS MEMBERS. WE ARE PROUD OF OUR FACILITIES AND HOPE THAT YOU—AS MEMBERS—SHARE THIS PRIDE. WE ASK THAT YOU DO YOUR PART TO HELP MAINTAIN AND IMPROVE THEM.

★ LOCKER ROOMS ★

We have three locker rooms for use by members. These are the Mens/Boys, the Womens, and the Mens Fitness Center (MFC). Lockers are available for use by members while in the building. Padlocks may be used only while you are in the building; locks left on overnight will be cut off and the locker contents removed.

WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES.

YMCA ★ SWIMMING POOL ★

The YMCA's four-lane, 75′ swimming pool is for use of members only. Our new filter and chlorinating system make this some of the finest water in the area for swimming and aquatic recreation. Competition lane dividers are available for use during "lap swim" times.

Check the full pool schedule if you need further information.

★ GYMNASIUM ★

The YMCA features a full-size gymnasium for open play, team play, jogging, recreation, and fitness classes. We have six baskets and floor markings for volleyball and floor hockey. In addition to regularly scheduled activities, the gym area is open for jogging at any "Open" time.

For further information, please check the full gymnasium schedule or call 232-2361.

★ RACQUETBALL ★

The YMCA maintains four racquetball/handball courts all year 'round. Two of the courts are located off the gymnasium (Nos. 3 and 4), and two are located upstairs across from the Weight Center (Nos. 1 and 2). Courts 3 and 4 are air conditioned. For a list of court policies and rules, stop by the front desk.

OLYMPIC FREE ★ WEIGHT ROOM ★

The Free Weight Center is located behind the service counter, and is one of the finest of its kind in the area. This center includes dumb bells, Olympic weights, bench presses, arm curl benches, incline boards, squat rack, and more. It is available to all high school age and adult "Y" members.

UPSTAIRS WEIGHT ★ TRAINING AREA ★

The YMCA has a complete weight training center in addition to the free weight room. This center features weight machines, incline boards, exercise bikes, and more. This facility provides an excellent area for toning and light body building. The weight center is located upstairs across the hall from racquetball courts 1 and 2.

★ MEETING ROOMS ★

The YMCA has several meeting rooms available for use by members or other outside groups.

Please check at the front desk for fee rate and scheduling.

★ SNACK AREAS ★

The YMCA has several snack and refreshment machines throughout the YMCA. We ask that you enjoy these; but, PLEASE dispose of your trash in the proper manner. Note that food and beverages are not permitted in the gym, pool, or racquetball areas. Thank you for your cooperation.

★ CHECK-IN PROCEDURE ★

You must show your current, valid membership card to gain access to the facilities. Please cooperate; this is for your own protection.

★ LOST AND FOUND ★

Lost and found articles are stored at the Courtesy Desk for a reasonable length of time. After approximately one month, articles will be disposed of.

facilities
physical fitness
TEAMS/LEAGUES
MENS FITNESS CENTER
AQUATICS
YOUTH
GENERAL • MEMBERSHIP INFORMATION

★ PHYSICAL FITNESS ★

IF YOU ARE LOOKING FOR FUN AND FITNESS, THE YMCA HAS A VARIETY OF FITNESS PROGRAMS FOR YOU TO CHOOSE FROM. JOIN ALL OF US WHO HAVE FUN KEEPING FIT YEAR 'ROUND.

★ FITNESS FANTASIA ★

(Movement to Music for Total Fitness)

Fitness Fantasia is a fun, exciting way to achieve total fitness. With only two 60-minute periods a week for six weeks, participants should: decrease body fat; increase muscle tone; increase stamina; and have greater ease of movement and more agility.

Fitness Fantasia is never boring. Each course offers you a set of new, choreographed exercise routines set to a variety of music. All exercises have been carefully selected to offer you a total fitness program to suit your needs. You will learn correct exercise movments, the best way to lose fat and stay trim, and how to determine your individual training zone for fitness.

Do yourself a favor—join the thousands of women all over the U.S., and step out to music, fun, and total fitness with Fitness Fantasia.

LAP ★ SWIM ★

The "Y" pool is open several times during the day, 7 days a week, for lap swimming. If you like to swim and wish to stay in shape, make a big splash in our pool. Available to adult members only. Consult pool schedule for schedule of times.

★ JOGGING ★

The gym is open for walking, running, or jogging. Consult gym schedule for times.

★ AQUASIZE ★

Aquasize is a stimulating water exercise program for men and women of all ages. It involves working your muscles against the natural water resistance to exercise without causing undue strain on muscles or joints. You don't have to be able to swim to enroll and benefit from this class.

★ SR. CITIZENS SWIM CLUB ★

A modified aquasize program for senior citizens, this program is good for those who suffer from arthritis or who lack full motion in their limbs.

Both of the above sessions of Aquasize meet two times a week for one hour. Come out to exercise, have fun, and meet new people!

★ WEIGHT ROOMS ★

Both coed weight rooms are open for members' use throughout the day. The upstairs facility features weight machines, while the downstairs area features free weights.

THE Y'S WAY ★ TO FITNESS ★

This coed program is designed to help improve flexibility, strength, and endurance. The class stresses stretching exercises, some strength and flexibility exercises, and some cardio-vascular training. Walking/jogging are included in the regimen. In addition the class will at times use and demonstrate the proper use of weight equipment.

YMCA FITNESS *A Great Idea!*

★ STRETCH CLASS ★

Due to popular demand the Stretch Class is back. This class is designed for men and women to increase flexibility, strength and muscle tone. The class meets twice a week.

★ RACQUETBALL ★

The fun way to fitness. This fast-moving sport is good for muscle toning and burning off those unwanted extra calories. The YMCA operates four courts year 'round. For more information get a rules sheet from the front desk.

OTHER ★ PROGRAMS ★

If you are interested in any other fitness programs, or have any comments or suggestions, please call us — 232-2361.

SCHEDULES ★ AND FEES ★

For exact scheduling and fees, please contact the YMCA or consult our monthly newsletter, "Bylines."

★ TEAMS & LEAGUES ★

THE TERRE HAUTE YMCA OPERATES A VARIETY OF TEAM & LEAGUE EVENTS FOR THE YOUTH AND ADULTS. ALL OUR YOUTH LEAGUES ARE COED; AND WE ENCOURAGE BOTH BOYS AND GIRLS TO PARTICIPATE.

★ YOUTH SPORTS ★

The YMCA Youth Sports Program emphasizes participation. Every youth will play in every scheduled game. All participants will receive an award at the end of the season; and all players will receive souvenir team T-shirts. The YMCA Youth Sports philosophy is one of trying, working, and having fun! Sign up now.

★ FLAG FOOTBALL ★

Flag Football is played each Fall. We currently use the Meadows School field, located at Brown and Wabash. Sign up occurs during the months of August and early September. We run three leagues:

Cadet League ..... for Grades 1 & 2
Junior League ..... for Grades 3 & 4
Senior League ..... for Grades 5 & 6

Each team has one practice session and one game each week. Equipment needed: shoes and a mouth guard. Team shirts are provided to each player.

★ YOUTH BASKETBALL ★

Our Youth Basketball Program begins each fall in late October. Basketball is for boys & girls, grades 1 thru 12:

Pee Wee League ..... Grades 1 & 2
Cadet League ..... Grades 3 & 4
Minor League ..... Grades 5 & 6
Major League ..... Grades 7, 8, & 9
Senior League ..... Grades 10, 11, & 12

Each team will have one practice session and one game per week at the YMCA gym. Equipment required: gym shoes and trunks. Each player receives a team T-shirt.

★ YOUTH SOFTBALL ★

The YMCA and the Glenn Civic Center conducts an ASA sanctioned Youth Softball Program each summer. Registration begins in late April with league play beginning in late May. This league is for boys/girls grades 1 thru 9. Each team will practice and play one game each week at the Glenn Center. Every player will receive a team T-shirt. Equipment needed: Ball Glove and shoes. (NO METAL SPIKES ALLOWED.)

★ FLOOR HOCKEY ★

Floor Hockey is scheduled each Spring at the YMCA. Registration begins in late February. All games and practices are held in the gymnasium. Hockey is for boys/girls, grades 1 thru 9. Equipment needed: gym shoes & trunks. All players receive a team T-shirt.

Experience the fun of floor hockey—a great break between basketball and baseball!

★ ADULT TEAMS & LEAGUES ★

★ COED VOLLEYBALL ★

There are two seasons of coed volleyball. One is held each fall in September-October, and one each Spring in March-April. Three guys and three gals play on each team. It's a great coed activity featuring fun and fitness, too! All the games are played in the YMCA gym.

★ MEN'S POWER VOLLEYBALL ★

There are two seasons of Men's Power Volleyball. One begins in early September, and one begins each Spring in mid-March. Six men play on a team for all the fun, excitement, and exercise you want. All games are played in the YMCA gym.

★ MEN'S OPEN BASKETBALL ★

The YMCA features two Men's Open Leagues. We have a combined Winter-Spring league and a Summer league. The Winter-Spring league usually plays on Sundays; and the Summer league usually plays Wednesday evenings.

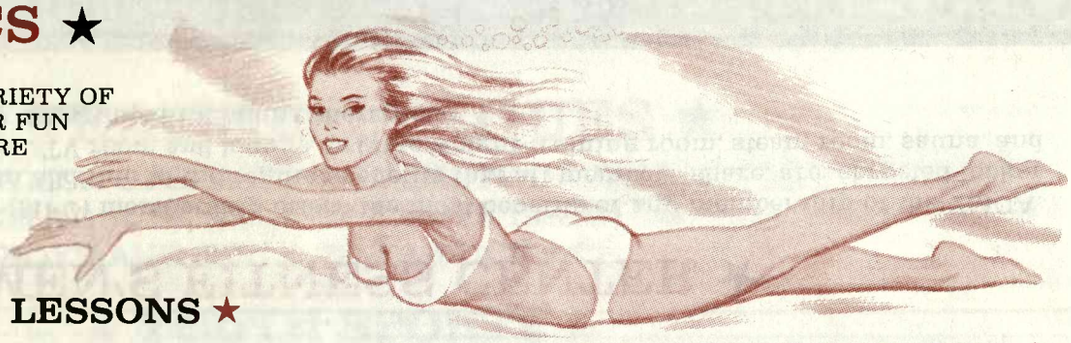
Need Information?
Call the YMCA...
...232-2361.

★ MEN'S FITNESS CENTER ★

The Men's Fitness Center (MFC) membership offers the most benefits of any membership of the YMCA. Included in the package, in addition to the regular benefits that all members share, are: carpeted locker room, individual kit lockers, TV room and lounge, private weight-training room, steam room, sauna, and complete physical therapy department including therapist.

★ AQUATICS ★

THE YMCA OFFERS A VARIETY OF AQUATIC ACTIVITIES FOR FUN AND FITNESS. OTHERS ARE LISTED SEPARATELY IN THE **PHYSICAL FITNESS** SECTION OF THIS BROCHURE.



★ YOUTH SWIM LESSONS ★

BEGINNER: Ages 5 and up. No swimming skills required. This course teaches basic water safety and swimming skills.

ADVANCED BEGINNER: Must be able to swim the crawl stroke with some proficiency. The course teaches swimming using front and back strokes. Some work will be done in deep water.

INTERMEDIATE: Must be able to swim crawl stroke at least 50 yards (2 pool lengths), and be able to swim the elementary backstroke. Course teaches the breaststroke and sidestroke as well as further refining basic swimming skills.

PRE-SCHOOL: Lessons designed for 3-5 year olds. Basic swimming and water safety are stressed. Morning and evening classes are offered. Parents need not accompany child in the pool.

WATER BABIES: A class designed for babies up to 2 years old accompanied by mom or dad. The class emphasis is on getting the baby comfortable in the water. A PARENT MUST ACCOMPANY THE BABY IN THE POOL.

★ LEARN-TO-SWIM CAMPAIGN ★

One week is designated to kick off the summer aquatics program at the YMCA. During this week, we offer **FREE** swim lessons for youth ages 5 and up.

★ ADULT LESSONS ★

This is a popular class for those adults who never learned, or those who wish to brush up on their strokes. You're never too old to swim!

★ YMCA SWIM TEAM ★

We are trying to put together a swim team for youth age 8 and up. This is not a swim lesson program. Participants must be able to swim the length of the pool with an efficient crawl stroke. Youth under 8 wishing to join will require the approval of the Physical Director.

★ AQUATIC INFORMATION ★

For dates, times, and any other information concerning lessons or programs, stop by the YMCA or call 232-2361.

★ YOUTH MEMBERSHIPS ★

BOYS AND GIRLS 6-14 MAY BE YOUTH MEMBERS. A SCHOLARSHIP PROGRAM IS AVAILABLE TO THOSE YOUTH REQUIRING ECONOMIC ASSISTANCE. INQUIRE AT THE FRONT DESK FOR MORE DETAILS OF YOUTH MEMBERSHIPS.

★ SPRING BREAK PROGRAM ★

Taking place during the school corporation's Spring vacation break, this program is for grades K-7. Children are supervised from 9:00 a.m. to 4:00 p.m. Monday-Friday during the vacation. Activities include sports, arts and crafts, field trips, nature hikes, and a Friday overnite party. Kids must bring a sack lunch; the YMCA will provide a noon beverage and afternoon snack.

★ ADVENTURE DAY CAMP ★

Adventure Camp at Deming Park is for grades K-7. Camp hours are from 9:00 a.m. to 4:00 p.m. Monday-Friday. The campers will make new friends and learn new skills under the supervision of YMCA staff and counselors. Campers should bring a sack lunch; the "Y" will provide a noon drink and an afternoon snack.

★ YMCA/NRA RIFLE CLUB ★

For ages 10-19, the Rifle Club begins each September. The Club meets in the Youth Dept rifle range, and is instructed by adult volunteers. A small fee is charged to cover the costs of targets and rifle usage. Students must furnish their own ammo. Days are assigned to beginners or advanced shooters.

★ YOUTH DEPARTMENT ★

The Youth Dept is open after school Monday-Friday, and all day Saturday. Activities include table games, TV area, Odyssey Computer Game, and supervised activities. Arts and crafts projects as well as special events are also featured by director Sarah Fisk and her volunteer staff.

★ OVERNITE PARTIES ★

For ages K-5. A party is held once a month on a Friday night. Dates are posted on the Youth Dept. bulletin board. At each party children swim, play in the gym, learn new games, watch cartoons, and enjoy a midnight snack. The YMCA provides complete supervision.

★ AFTER SCHOOL PROGRAM ★

The after school activities include tournaments, contests, sports, games, movies, and more. All activities are FREE to members only. Supervision is by ISU Recreation students and high school students.

★ SLOT CAR CLUB ★

Slot Car Club meets every Wednesday, 4:00-8:00 p.m. A short drivers clinic and a $1.00 are all it takes to join. The club is supervised by adult volunteers. Members of the club race their own cars, and compete for ribbons.

★ GENERAL INFORMATION ★

★ YMCA STAFF ★

TOM JONES, Executive Director ★ SARAH FISK, Program Director ★ JOHN BENTON, Athletic Director ★ LESLIE APOLINAR, Physical Director ★ BETTY MURPHY, Business Manager ★ JOE KUZMISSION, Physical Therapist ★ MARY CAHOON, Receptionist.

★ BUILDING USE HOURS ★

Monday-Friday ..... 7:00 a.m. - 10:00 p.m.
Saturday ..... 7:00 a.m. - 8:00 p.m.
Sunday* ..... 1:00 p.m. - 4:00 p.m.

*Closed Sundays May 1 through September 30.

★ BUSINESS OFFICE HOURS ★

Monday-Friday ..... 8:00 a.m. - 8:00 p.m.
Saturday ..... 8:00 a.m. - 6:00 p.m.
Sunday ..... Closed

★ CLOSED FOR HOLIDAYS ★

The YMCA will close the following holidays:
New Year's Day (close at 3:00 p.m. New Year's Eve) ★ Easter ★ Memorial Day ★ Labor Day ★ Thanksgiving Day ★ Christmas (close at 3:00 p.m. Christmas Eve).

★ NO SMOKING POLICY ★

Your YMCA is a health and physical fitness facility. As such, SMOKING IS NOT PERMITTED, except in meeting rooms or locker rooms.

Your cooperation appreciated.

★ PROGRAM REGISTRATION ★

- ★ Advanced registration is required for all programs.
- ★ Pre-schoolers of families with adult or family memberships will receive a discounted rate.
- ★ After the class limit has been reached, a waiting list will be started. If a vacancy occurs, individuals will be contacted in the order they appear on the list.
- ★ Late registrations will pay the entire fee, even if the class has already met.
- ★ Mail-in registrations that include program fee will be accepted. Non-member's checks will be held until the appropriate registration time.

PROGRAM CANCELLATION ★ REFUND POLICY ★

1. If a program is cancelled because of low enrollment, registrants will receive a refund or credit toward future programs.
2. All scheduled programs will be cancelled anytime that school is cancelled for the Vigo County School Corp. No notification will be given. All classes will be made up at the end of the term where possible.
3. If you wish to discontinue participation in a program, the following refund policy shall be in effect:
   A. Prior to first meeting—100% credit toward future program or cash refund excluding 25% of fee.
   B. After first meeting—75% credit toward future program or cash refund excluding 50% of fee, whichever is greater.
   C. After second meeting—50% credit toward a future program and no cash refund.

★ MEMBERSHIP INFORMATION ★

YOUR **YMCA** IS A MEMBERSHIP ORGANIZATION OPEN TO ALL WITHOUT DISCRIMINATION. WE REQUIRE ALL MEMBERS TO CARRY THEIR MEMBERSHIP CARDS, AND TO PRESENT THEM FOR EXAMINATION UPON REQUEST. THIS IS NECESSARY TO PROTECT PAID MEMBERS FROM HAVING TO SUBSIDIZE NON-MEMBERS' USE OF THE FACILITIES.

★ MEMBERSHIP RATES ★

★ MEMBERSHIP PAYMENT PLANS ★

Membership Type	Monthly Bank Draft Payment Plan	Easy Alternate Payment Plan
Family (Basic)	$20 down...$10/month	$50 down; $30 in 30 days; $25 in 60 days.
Family (with Men's Fitness Center privileges for adult male)	$45 down...$21/month	$90 down; $80 in 30 days; $65 in 60 days.
MFC (Men's Fitness Center)	$35 down...$17/month	$70 down; $60 in 30 days; $60 in 60 days.
Adult (age 18+)	$10 down.....$5/month	$30 down; $20 in 30 days.
Student (full-time)	$25/year...no payment plan	—
Youth (to age 17)	$15/year...no payment plan	—

TERRE HAUTE YMCA
200 S. 6th Street
Terre Haute, IN 47807

Phone (812) 232-2361

NON-PROFIT ORG.
BULK RATE
POSTAGE PAID
PERMIT NO. 333
TERRE HAUTE, IN

DELIVER TO:

BUILDING BRIDGES...

Bridge Building is what your YMCA is all about...the bridges of **understanding and cooperation** between:

- **PARENT AND CHILD**
- **MALE AND FEMALE**
- **SKILLED AND HANDICAPPED**
- **ALL RACES, FAITH AND NATIONALITIES**
- **MAN AND HIS CREATOR**

YMCA Youth Program...

...is a series of widely varied activities which may seemingly have no relation to each other; but when put together by the skilled hand of a trained leader, provides the means through which youth learn the meaning of Christian behavior.

There are 2 requirements: **something to do** which has character-building value, and **someone to lead** who knows how to bring those values into focus within the consciousness of youth; and the greatest of these is **the leader**.

Terre Haute YMCA—Serving Vigo County and the Wabash Valley.

Your Sustaining Membership support is a **bridge**—connecting YMCA experience and skills to our community's need for constructive youth programs.

Our community needs the YMCA...and the YMCA needs **you!**

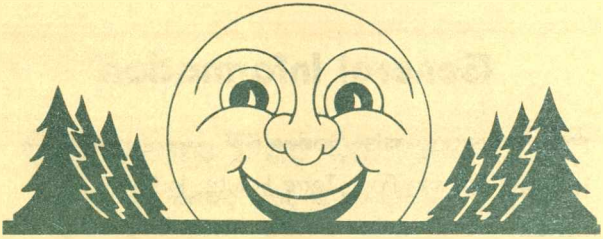
We INVITE you to CHOOSE a category of Sustaining Membership which best represents what YOU can do...

Golden Triangle	$1000
Silver Triangle	500
Patron	250
Century Club	100
Basis Sustaining	25-99

No amount of voluntary financial support is either too much or too little...your desire to help the YMCA grow and continue to serve is what really matters.

Sustaining memberships are tax deductible... and may be pledged for payment in quarterly or monthly installments.

TERRE HAUTE YMCA



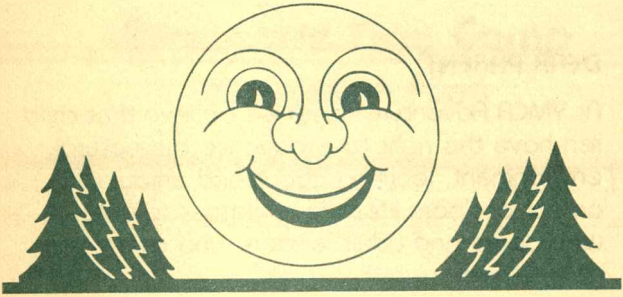
Adventure Day Camp

Terre Haute YMCA ★ 200 S. 6th Street
Terre Haute, IN 47807 ★ (812) 232-2361

DELIVER TO:

Non-Profit Org.
Bulk Rate
Postage Paid
Permit No. 333
Terre Haute, IN

A United Way Agency



Adventure Day Camp at Deming Park

A Time...

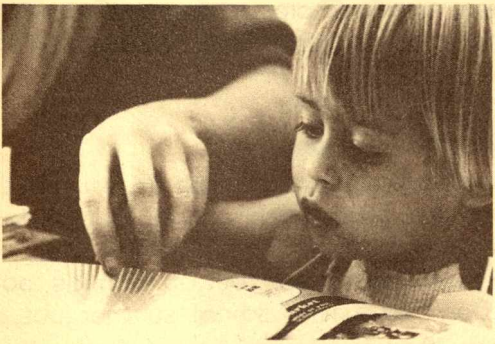
...to grow;

...to learn new skills;

...to make new friends;

...to create memories;...

...For Life.



Sponsored by

Terre Haute YMCA

DEAR PARENT,

At YMCA Adventure Camp we believe that children have the right to experience the natural environment, learning about and enjoying an out-of-doors lifestyle while associating with peers and adult leaders who care about them.

An experience that lasts a lifetime:

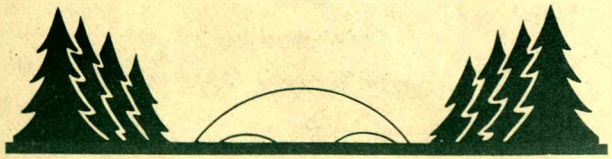
The childhood years are the formative ones. Making new friends and trying new experiences will form impressions that will last forever.

Quality staff for a safe experience:

Staff members are chosen for their maturity and ability to relate to children. Their leadership provides a safe, yet challenging learning experience. Lifesaving training, first aid training, organized preparation, and sound judgment help to insure the well-being of all.

NOW comes only once:

Too quickly the years of youth pass without enough time being spent on new adventures. Often we later come to realize all that we could have experienced, but by then it's too late. Don't let summer school, summer jobs, and the "there's always next year" attitude consume the formative years of youth so quickly. Adventure Day Camp is one way to get more out of those precious years for experiences that will last a lifetime.



General Information

FOR: Boys and girls, grades K-7.

WHERE: Deming Park, Terre Haute, Indiana.

WHEN: 9 consecutive weekly camps beginning June 7, 1982; ending August 7, 1982.

TRANSPORTATION: Parents may drop off children at Deming Park between 7:30 and 9:00 a.m.; children may be picked up between 4:00 and 5:30 p.m.

FEES:

YMCA MEMBERS:
- $25.00 per camp week per child
- $20.00 per camp week for second child

NON-MEMBERS:
- $35.00 per camp week per child
- $30.00 per camp week for second child

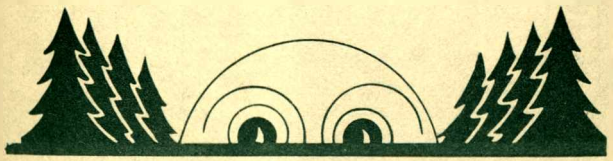
$2.00 OFF above fees if you register before May 15.

ABOUT THE CAMP DIRECTORS:

Sarah L. Fisk is the Program Director for the YMCA. and is a graduate of ISU, holding a B.S. degree in Recreation. She is responsible for development and operation of youth programs.

Leslie Apolinar is the Physical Director at the YMCA. She holds a B.S. degree in Physical Education, and is currently completing her M.S. degree in Adaptive Physical Education. She is a certified Water Safety Instructor and will conduct all aquatic activities at Day Camp.

College and high school students will be hired as senior counselors to supervise the campers. And, volunteer youth, ages 13-15, will be carefully selected to assist as junior leaders.



DEAR KIDS,

Adventure Day Camp...

...Where Every Day Is Special!

...SPECIAL:
Because of all the different things to do and learn such as swimming, fishing, crafts, sports, games, hiking, sharing, and singing.

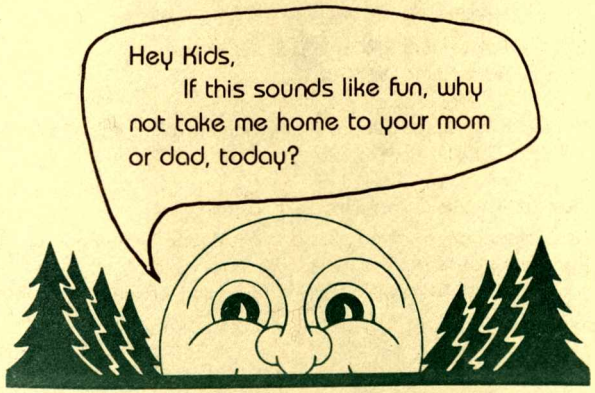
...SPECIAL:
Because Deming Park provides 160 acres of beautiful woody, grassy hillsides, and trails to roam.

...SPECIAL:
Because of highly trained staff, who provide friendship, leadership, and love for the campers.

Adventure Day Camp...

...For a Lot of Good Reasons!

★ COME JOIN IN THE FUN ★



Adventure Day Camp
Registration Form

Child's Name _____

Address _____

City _____ State _____ Zip _____

Parent/Guardian to call in case of emergency:

Name _____

Phone: Work _____ Home _____

Indicate the camp week you are registering for:

- ☐ Week 1...June 7-11
- ☐ Week 2...June 14-18
- ☐ Week 3...June 21-25
- ☐ Week 4...June 28-July 2
- ☐ Week 5...July 5-9
- ☐ Week 6...July 12-16
- ☐ Week 7...July 19-23
- ☐ Week 8...July 26-30
- ☐ Week 9...August 2-6

I am enclosing fees for:

☐ A. First week of day camp at full price $_____.

☐ B. Additional weeks of camp at $5.00 per week, non-refundable registration deposit, which will be applied towards the balance. Balance due first day of the camp week. Please indicate camp week(s) above.

_____ weeks @ $5.00 ..... Total $_____

Total Registration & Deposit enclosed $_____

Make check payable to: **Terre Haute YMCA.**

Return registration and check to:

Terre Haute YMCA, 200 S. Sixth Street,
Terre Haute, IN 47807

You may obtain additional information by calling the YMCA at 232-2361.

Watch for the Camp Directors' Letter!

Campers will receive a personal letter one week prior to the beginning of camp. This letter contains important information about: where to meet in Deming Park; what to wear; and what to bring.

YMCA/GLENN CIVIC CENTER YOUTH SOFTBALL

WHO: All boys and girls, grades 1-12.
Participants will be divided into teams according to grade level.

WHAT: YMCA/GLENN CIVIC CENTER Softball League.

WHEN: Games will be played in early weekday afternoons and occasionally under the lights of Glenn Civic Center's NEW softball diamond.

All play will commece the week of June 13, 1983.

WHERE: All practices and games are held at Glenn Civic Center, 6835 Wabash Avenue.

DEADLINE: Registration deadline is June 6, 1983.

FEES:
YMCA/Glenn Civic Center Members.....$6.00
Non-Members.....$10.00

Detach and return to: Terre Haute YMCA, 200 S. 6th St., Terre Haute, IN 47807

MARK ONE: ☐ YMCA MEMBER ☐ GLENN CIVIC CENTER MEMBER ☐ NON-MEMBER

Name _____ Age_____ Grade_____ School_____

Address _____ Phone_____

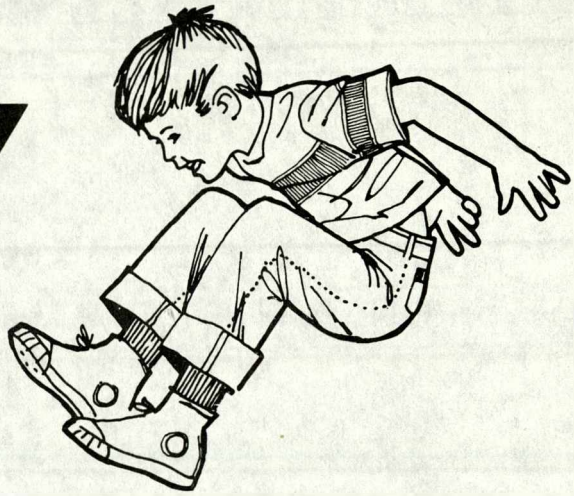
YOUTH SHIRT SIZE: ☐ Small (6-8) ☐ Medium (10-12) ☐ Large (14-16)

ADULT SHIRT SIZE: ☐ Small (34-36) ☐ Medium (38-40) ☐ Large (40-42) ☐ X-Large (46)

I permit my child to enroll in the YMCA/Glenn Civic Center Summer Softball Program. I will not hold the YMCA or Glenn Civic Center, its staff or volunteers, liable for accident, or injury during the program.

_____
Parent's Signature

YMCA SPRING BREAK PROGRAM



Hey Kids!

Don't just sit around and be bored during your Spring Break. Take your vacation at the **YMCA**, and become involved. We've got something for everyone.

WHO Boys and girls, grades K-7.

WHEN April 5-9, from 9:00 a.m. to 4:00 p.m. (Kids may be dropped off at 8:00 a.m. and picked up at 5:00 p.m. for working parents.)

WHAT Activities include: swimming, relays, games, arts & crafts, sports, snacks, and more!

FEE $18.00....for YMCA Members
$24.00....for Non-Members

Special events will include field trips, nature hikes, and a Friday evening overnite party. All activities will be supervised by YMCA staff and volunteer adult leaders.

Be sure to bring your own sack lunch. The YMCA will provide a noon beverage and an afternoon snack.

FOR FURTHER INFORMATION,
CALL THE YMCA AT 232-2361.

Terre Haute YMCA

1983 Youth Flag Football Program

WHO: Boys and Girls, Grades 1-6.

BEGINNERS LEAGUE: Boys and girls grades 1-2. Games played with NERF Football. All participants must have their own mouth guards. Games played on Saturdays. No scores or standings will be kept. Emphasis in on FUN AND DEVELOPMENT.

JUNIOR LEAGUE: Boys and girls grades 3-4. All participants must have their own mouth guards. Games will be played on Saturday mornings. No scores or standings will be kept. Emphasis is on FUN AND DEVELOPMENT.

SENIOR LEAGUE: Boys and girls grades 5-6. All participants must have their own mouth guards. and helmets. Games will be played on Saturday afternoons. Standings *will be kept*, and a post-season tournament will be played.

WHAT: YOUTH FLAG FOOTBALL PROGRAM.

Boys and girls will have one practice per week and play a game on Saturday. All participants receive a T-shirt and an award at the end of the season. And, EVERYONE PLAYS!

WHEN: Registration—Aug. 15 to Sept. 16. League action begins September 24th with an exhibition game. All games played on Saturdays.

CALL OUT: Saturday, September 17th at Meadows Elementary School field.

Beginners ..... 9:00 a.m.
Juniors ..... 10:30 a.m.
Seniors ..... 12:00 a.m.

WHERE: All games played at Meadows Elementary School field.

FEES: Members: $10.00. Non-Members: $14.00.
Scholarships available for YMCA membership & program fee.

DETACH AND RETURN TO: Terre Haute YMCA, 200 S. 6th St., Terre Haute, IN 47807 - Phone 232-2361

Name _____ Age _____ Grade _____ School _____

Address _____ Phone _____

SHIRT SIZE (YOUTH): ☐ Small (6-8) ☐ Medium (10-12) ☐ Large (14-16) ☐ X-Large (18-20)

SHIRT SIZE (ADULT): ☐ Small ☐ Medium ☐ Large ☐ X-Large

I permit my child to enroll in the Terre Haute YMCA Youth Flag Football Program. I will not hold the YMCA, it's staff or volunteers liable for accident or injury during the program.

_____
Parent's Signature

COACHES AND VOLUNTEER OFFICIALS ARE NEEDED. IF YOU WANT TO HELP, CONTACT THE YMCA — CALL 232-2361

Teams will be arranged by school district.

YMCA Bylines

● The News Magazine of the Terre Haute YMCA ●

Volume 2, #3 May 1983

NOTES FROM THE FRONT OFFICE

Tom Jones, Exec. Director

The summer is upon us, and we have some great programs in store for you! We will continue to offer all our adult fitness programs that have become so popular. The pool will be busy with a full program — especially with our swim lessons for the kids! We are once again having our Women's Fitness Camp in August that was so successful last year. And we have special programs for the kids too! Our Adventure Day Camp and New Youth Department programs are highlighted in this issue. The staff sincerely wishes you a great summer and hope that you use your "Y" during the summer months. Fitness is a twelve month habit, so stay in shape this summer.

Congratulations to our New Board Members

On may 2nd, six new members were elected to serve you on the Board of Directors. Elected to serve three year terms were: Biff Crawford, Ed Gutreuter, Bob Murray, Bob Pfister, Bruce Pfleging and Randy Rahe. We congratulate and thank them for donating their time to serve the YMCA. Please let them know if you have any suggestions, complaints or compliments about your YMCA.

Terre Haute YMCA Statement of Purpose:

The purpose of the Terre Haute YMCA is the spiritual, social, intellectual, and physical education and growth of its members and constituency, consistent with the spirit and teaching of Jesus Christ, and, in cooperation with the home, the church, the school and other institutions, to tender such services in the community and world as will tend to secure better social, economic, educational, moral and spiritual conditions for society.

The goal of the Terre Haute YMCA shall be to enhance the quality of life for citizens of The Wabash Valley by increasing the physical, spiritual, mental, and social fitness of its constituents.

REGISTRATION DATES FOR SUMMER PROGRAMS

PROGRAMS	SESSION DATES	Y MEMBERS	NON-MEMBERS	CLOSING DATE
AQUATICS (Youth only)	June 6 - 23	May 16	May 23	June 1
	June 27 - July 15	June 6	June 13	June 22
	July 18 - August 4	June 27	July 5	July 13
AQUASIZE AT Deming Park	August 15 - September 1	July 18	July 25	August 10

ADDITIONAL PROGRAM DATES

T.U.F. Fitness Fantasia Weight Training Healthy Back Stretch Aquasize Water Babies Pre-School Aquatics Adult Swim Lessons	June 6 - July 15 July 18 - September 1*	May 16 June 27	May 23 July 5	June 1 July 13

*No classes the week of August 8 - August 12.

● REGISTRATION POLICY ●

In order to assure quality lessons and proper staffing it has become necessary to establish the following registration policy for the Terre Haute YMCA. All classes will have a set registration period. There will be starting dates for **members only** and **non-members** to register for classes. Registration will then be CLOSED on the Wednesday prior to the class starting time. This is essential to be able to provide proper staffing and assure class size. Thank you for your cooperation.

Please remember to register early for your classes. Don't be disappointed by waiting too late and being left out!

Terre Haute YMCA
200 S. Sixth St.
Terre Haute, IN 47807

Ph. (812) 232-2361

NON-PROFIT ORG.
BULK RATE
POSTAGE PAID
PERMIT NO. 333
TERRE HAUTE, IN

DELIVER TO:

A United Way Agency

GYM SHORTS

John Benton

ADULT BASKETBALL

Open league play every Wednesday night starting June 1, 1983. There will be ten league games plus single elimination tournament.

Registration deadline - May 26, 1983.
Cost.....$225.00 per team.

YOUTH SUMMER BASKETBALL

For: Boys and girls grades 1-8*. Youth will be divided into the following leagues according to grades: PEE WEE (1-2), CADET (3-4), MINOR (5-6), MAJOR (7-8).
When: Pee Wee, Cadet, and Minor leagues will practice and play their games on weekday afternoons. Major league games will be played on Monday and Friday evenings.
Where: All practices and games at the YMCA gym, 600 S. 7th St., Terre Haute.
Deadline: Registration deadline is June 6, 1983.
Fees: YMCA Members.....$6.00
Non-Members.....$10.00

YMCA/GLENN CIVIC CENTER YOUTH SOFTBALL

Who: Boys and girls, grades 1-12, divided into teams by grade level.
When: Games will be played in early weekday afternoons and occasionally under the lights of Glenn Civic Center's new softball diamond.
All play will commence the week of June 13, 1983.
Where: All games and practices are held at Glenn Civic Center, 6835 Wabash Ave., Terre Haute.
Deadline: Registration deadline is June 6, 1983.
Fees: YMCA/Glenn Civic Center Members.....$6.00
Non-Members.....$10.00

FITNESS FANTASIA

The YMCA offers you aerobic choreographed dance classes designed to promote cardiovascular fitness and endurance, improve muscle tone and have fun. Incorporated within the dances are rhythm, hopping, skipping and other movements for promotion of your cardiovascular well-being. We also add bending and stretching for flexibility and floor work to improve your abdominal strength. Each session has a new set of innovative and enjoyable routines. Instructors are enthusiastic and dedicated to promote your physical well-being.

EXTRA CLASSES

For those who enjoy getting an extra workout during the week, we will continue to offer a class on Friday and Saturday morning. You *must* register for these classes at the front office between Mon. & Thurs. of the same week.
Friday, 9:30-10:30 Benson Room
Saturday, 9:00-10:00 Benson Room

FEE: $1.00 for members / $1.50 for non-members.

FANTASIA SCHEDULE

SUMMER SESSION I: June 6-July 15
(Registration begins May 16)

FEES: Members...$13.00
Non-Members...$24.00

BEGINNERS:
*10:15-11:15 ..... M-W
5:00-6:00 ..... T-Th
6:15-7:15 ..... T-Th
7:30-8:30 ..... T-Th

INTERMEDIATE:
*9:00-10:00 ..... M-W
5:00-6:00 ..... T-Th
7:30-8:30 ..... M-W

ADVANCED:
*9:15-10:15 ..... M-W
5:00-6:00 ..... M-W
5:00-6:00 ..... T-Th
6:15-7:15 ..... T-Th
6:15-7:15 ..... M-W
7:30-8:30 ..... T-Th

*Babysitting is available for these classes only at 50¢ per hour per child. Child must be 1-5 years old only.

SUMMER SESSION II
Begins July 18 and ends Sept. 2. It will be a 6 week session. There will be no class during the week of August 8-12. Registration will begin June 27.

FIT TO PRINT

Leslie Sutherland, Physical Dir.

This summer the YMCA offers a variety of fitness programs for men and women. The next 6-week session will run from June 6 to July 15.

T.U.F. (Tuned Up Fitness)—This program is a total workout that mixes aerobic exercise with muscular strength and endurance. No complicated dance steps—just easy-to-follow exercises to improve muscle tone and cardio-vascular fitness. An excellent class for both men and women. Special coed couple rates are available.

FEES:
YMCA Member $13.00
Non-Member $24.00

COUPLE RATES:
2 YMCA Members $21.00
1 Member/1 Non-Member $33.00
Both Non-Members $45.00

T.U.F. SCHEDULE June 6-July 18

Beginner
M-W ..... 5:00-6:00 Ballroom
M-W ..... 7:30-8:30 N. Lobby
T-Th ..... 6:15-7:15 McFall Room
T-Th ..... 7:30-8:30 Ballroom

Intermediate
M-W ..... 6:15-7:15 N. Lobby

Advanced
M-W ..... 6:15-7:15 Benson Room
T-Th ..... 6:15-7:15 Benson Room

T.U.F. schedule for 2nd session soon to be announced.

WEIGHT TRAINING—A coed class designed to help you to learn the proper weightlifting techniques. Learn how to set up your own personal weight training program.

CLASS TIMES:
M-W ..... 9:00-10:00 a.m.
M-W ..... 10:15-11:15 a.m.
T-Th ..... 5:00-6:00 p.m.

FEES:
YMCA Member $13.00
Non-Member $24.00

AQUASIZE—A water exercise class designed to tone muscles and help increase flexibility. An excellent supplement to your aerobic exercise program. You need not be a swimmer to enroll.

CLASS TIMES:
3 week sessions M-Th, 9-10:00 a.m. at the Deming Park Pool.

T-Th 7:00-8:00 pm at the YMCA pool.

CLASS FEES:
YMCA Member $13.00
Non-Member $24.00

AQUATICS

Leslie Sutherland

(SEE THE BACK PAGE OF THIS NEWSLETTER FOR FULL POOL SCHEDULE.)

The next 6-week session of classes begins June 6.

WATER BABIES—A get aquainted to the world of water class for babies 6 months to 2 years old. A parent must accompany child into the pool.

CLASS TIMES:
M-W ..... 10:30-11:30 a.m.
M-W ..... 6:00-7:00 p.m.

FEES:
YMCA Member $8.00
Non-Member $12.00

PRESCHOOL—A 6-week swim class for 3-5 year olds. No parents in the pool.

CLASS TIMES:
T-Th ..... 10:30-11:30 a.m.
T-Th ..... 6:00-7:00 p.m.

FEES:
YMCA Member $8.00
Non-Member $12.00

ADULTS LESSONS—You're never too old to learn to swim.

CLASS TIMES:
Beginners ..... Wed. 8:00-8:45 p.m.
Advanced ..... Monday 8:00-8:45 p.m.

FEES:
YMCA Member $8.00
Non-Member $12.00

YOUTH LESSONS—Classes are offered for morning or afternoon time slots, for youth ages 6-14. Length: 3 weeks.

CLASS TIMES:
M-Th ..... 8:30, 9:15 & 10:00 a.m.
M-Th ..... 2:00, 2:45 & 3:30 p.m.

CLASS FEES:
YMCA Member $8.00
Non-Member $12.00

DON'T FORGET...
GRAND OPENING
of the ALL NEW
YOUTH DEPARTMENT,
Monday, May 23, 6:30 p.m.
● Everyone Invited ●

YOUTH ACTIVITIES

The Youth Dept., under the new direction of Kathy Davis, will feature a full range of summertime activities such as:

NEW PROGRAMS: Bingo, Soccer, New Games, Song Leading, Tumbling, Kid's Aerobics, Square Dancing, Cooking, Cheerleading, Pom-Pom Routines, Skits, Wrestling, Charm School, and Poetry.

Continued Old Programs: Movies, 4-Square, Arts and Crafts, Sports.

SPECIAL THEMES: Talent Day, Field Trips, Show and Tell, Hobby Day, and Backwards Day.

DEAR PARENTS,

We realize we have not fully met the needs of our youth members in the past. We take this opportunity to change our "old ways" and give "birth to the new." Please join us for a **GRAND OPENING of the ALL NEW Youth Department on May 23, 6:30 p.m. at the YMCA.**

Looking forward to meeting you,

Your YMCA Staff

NEW STAFF MEMBER

The YMCA is proud to anncounce that Kathy Davis will be a new addition to our staff. Kathy will be the NEW Summer Youth Director. She is currently a recreation student at ISU, and has served as a volunteer at the YMCA for the past year. Kathy would like to create a new image in the Youth Dept. New programs and quality leadership will help her to achieve this goal.

Kathy will be on hand to meet interested parents and kids at the GRAND OPENING, May 23, at 6:30 p.m. Plan to come and learn about the new programs we have planned. Parents and children are welcome to attend whether you have YMCA memberships or not.

Youth Dept. Hours

Beginning May 31, the summer hours are:

Monday-Friday... 9:00 a.m. to 4:00 p.m.
Saturday ..... 10:00 a.m. to 4:00 p.m.
Sunday ..... closed

SUMMER OVERNITES

MAY 20, JUNE 17, JULY 15...

Boys/girls grades K-5 are invited to join in the fun. We will swim, play games, watch late night movies, enjoy snacks, and make new friends. Kids need to bring a sleeping bag and pillow, swimwear and towel, and wear gym clothes and tennis shoes.

Register now! We are limiting the number of participants.

FEES:
YMCA Members $5.00
Non-Members $8.00

$1.00 off above fees for 2nd child from same family.

ADVENTURE DAY CAMP

FOR: Boys/girls, grades K-6.
WHERE: Deming Park, Terre Haute, IN.
WHEN: 12 consecutive weekly camps, May 31, 1983 to August 19, 1983.
TRANSPORTATION: Parents may drop off children at the park between 7:30 and 9:00 a.m. Children may be picked up between 4:00 and 5:30 p.m.
FEES:
YMCA MEMBERS:
$25 per camp week per child
$20 per camp week for additional child

NON-MEMBERS:
$35 per camp week per child
$30 per camp week for additional child

INFORMATION? — Call 232-2361

WOMEN'S FITNESS CAMP

AUGUST 7-13, 1983

At Camp Na Wa Kwa near Poland, Indiana.

It is a week of proper nutrition, exercise and moral support. You'll learn to eat right, keep fit and feel great. When you return, we hope you will have a new sense of confidence, renewed energy and the ability to relax.

CAMP FEE:
YMCA Members $110.00
Non-Members $145.00

Fee includes all meals, lodging, and craft items.

FOR INFORMATION call 232-2361; ask for Sarah Fisk.

SUMMER POOL SCHEDULE

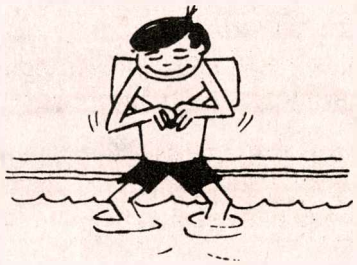
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45-7:45	LAP SWIM		LAP SWIM		LAP SWIM	
8:30-10:30	YOUTH LESSONS	YOUTH LESSONS	YOUTH LESSONS	YOUTH LESSONS		
10:30-11:30	WATER BABIES	PRESCHOOL	WATER BABIES	PRESCHOOL		
11:30-1:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00-2:00	SENIOR CITIZENS	YOUTH SPLASH	SENIOR CITIZENS	YOUTH SPLASH	SENIOR CITIZENS	1-2:30 YOUTH SPLASH
2:00-4:15	YOUTH LESSONS	YOUTH LESSONS	YOUTH LESSONS	YOUTH LESSONS	2-3:30 YOUTH SPLASH	2:30-4:00 FAMILY
4:30-6:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
6:00-7:00	WATER BABIES	PRESCHOOL	WATER BABIES	PRESCHOOL		
7:00-8:00	FAMILY	AQUASIZE	OPEN	AQUASIZE	FAMILY	
8:00-8:45	ADULT LESS.		ADULT LESS.			

YMCA
LEARN
TO SWIM
PROGRAM

First Day

Today we started our swimming lessons. We were introduced to our instructor, whose name is_____

We were shown where to place our clothes in the locker room and where to take a soap shower. Our leaders took us to the pool, where we learned about the safety rules that are for our benefit.



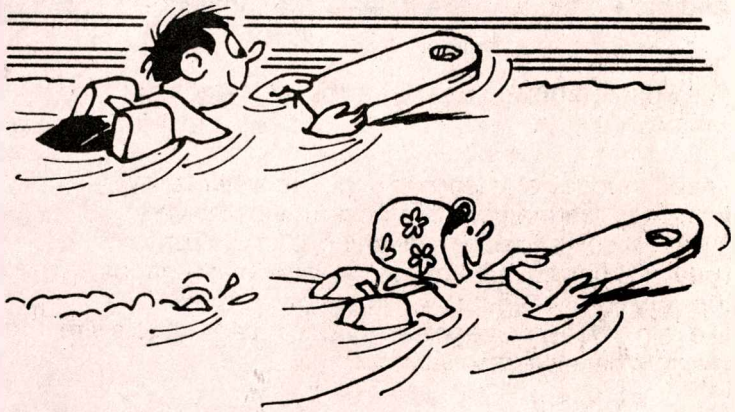
Locker Room Rules

Listen to the instructor at all times. When he talks, everyone else is quiet.
Close the lockers.
Take a good soap shower.
Go to the bathroom.
WALK, don't run!

We were told why we should never run in the pool area, why we should never have food or gum, and that we should remove any bandaids before we take our shower. They told us what the whistles mean that the lifeguards use and why we should never push anyone into the pool.

We were shown how to get in and out of the pool and what area of the pool we would use.

Our teacher asked us, "Who can do the things like stretch out long in the water holding to the edge of the pool? Who can splash his feet?"



Some of us were soon using kickboards to support our arms and, if we splashed our feet, we could move across the pool. This is a flutter kick. Some of us can go across the pool many times using our kickboards. We went like motorboats

Homework

If we practice at home the things we learned to do in class, we will learn them faster.

Practice kicking while lying on a bed or watching TV. Remember to keep legs straight but not stiff, lifting from the hip so knees pass each other with feet held loosely.

Can you do this 25 times?

Tomorrow's Lesson

We will practice the things we learned today.

Using our kickboards, we will move across the pool and blow bubbles in the water at the same time.

We will learn how to use our arms and hands to make us move.

I had fun today and learned a lot, like water is my friend, it's like magic, it can hold me up, it is very strong, it can support huge ships. If I try to run in water it is hard but, if I put some water in my hands, it is very light. I can throw it in the air and it will fall like rain. It feels soft against my skin. Learning to swim is fun. What else can water do?

The Y's Whale Says:

Don't get discouraged if some of the boys and girls seem to catch on quicker than you. Maybe they knew a little more to start with. Some of the best swimmers had a hard time learning to put their heads in the water when they started. Make up your mind now that you are going to swim. Remember, a swimmer never quits and a quitter never swims.

Practice at home and don't miss a class.

About The YMCA

Did you know that the Young Men's Christian Association was started in 1844 in London, England? It is by far the oldest youth organization. Some YMCAs have buildings with gyms and pools; others have only an office headquarters and carry on their program in the community.

See You Tomorrow

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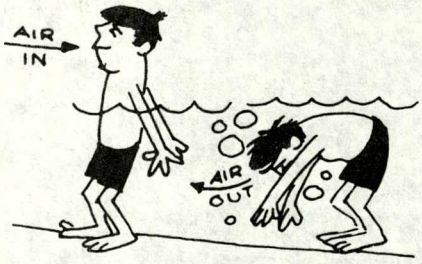
Second Day

Today we met the friends we made yesterday. Some of us used kickboards and kicked across the pool ten times. Some boys and girls can't do it yet, but the teacher said they were doing very well and would be able to do it soon.

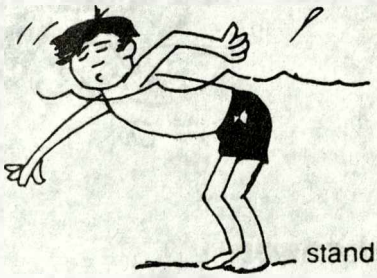
Who can feel the water with his palm and push it back? Who can move using his hands? We tried it and we were able to move. Some could use both hands and swim across the pool.

The instructor asked us to blow bubbles under the water. We thought he was kidding, but he meant it. He showed us how to keep blowing out through the nose, and how to gulp air in through the mouth. We learned that the only way water can get in your nose is to breath it in; it won't run in of its own accord.



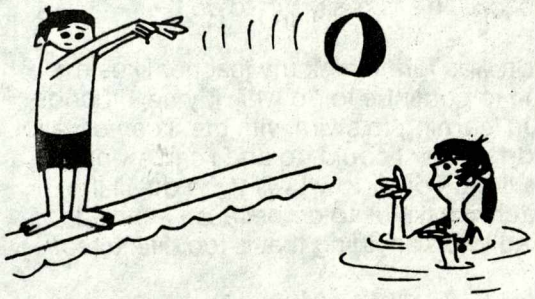
We learned how to do the crawl arm stroke in shallow water—arms straight, fingers together, thumbs alongside the fingers. We bent over so our chins were just out of the water and practiced moving our arms. It was hard to stand in one place. The pull of our arms made us want to move.

Then we tried just the arm stroke after getting a good gliding start. Boy, you really move if you do it right. Now we can blow bubbles while we kick, holding onto a kickboard or we can pull with our hands and kick our feet and swim across the pool. Some can blow bubbles, kick and use their hands to swim.



standing on bottom

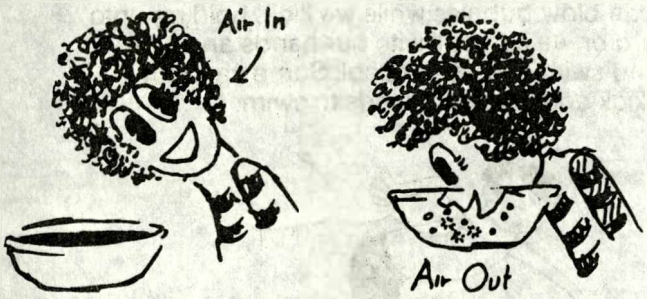
We pretended someone was tired in the water. We threw a kickboard to him. This is called a throwing assist.



What else could you use for a throwing assist?

Homework

Practice your kicks like you did yesterday. Practice the arm stroke the teacher showed today. Get a basin of water and practice blowing bubbles with your mouth if it was hard for you in the pool. Your teacher will help you tomorrow if you still have trouble with it.



Tomorrow's Lesson

We will practice the things we've learned so far and the teacher will give a special help to anyone who needs it.

We will try to see who can lie on his back in the water and who can kick his feet and use his hands while lying on his back. This is really fun to do.

Today's lesson was fun. I think my teacher likes me and wants me to continue to do well. My new friends are having fun learning to swim with me. I can do a lot of things I didn't know I could do and I can swim farther all the time. Tomorrow I will try to do all the things the teacher asks us to do because I know I won't be asked to do anything that is too difficult for me.

The Y's Whale Says:

Sometimes a guy gives up learning to swim because he thinks he isn't learning fast enough. That's foolish, because often it comes to him all at once. Tomorrow make up your mind that you'll try with all your might to swim.

About The YMCA

The Y has club groups and other activities for boys and men of almost all ages. (Some YMCAs have activities for girls and women, too.) Y Indian Guides for fathers and sons—boys 6 to 9. (Some have Y-Indian Maidens for mothers and daughters; and Y-Indian Princesses for fathers and daughters.) Gra-Y—for boys 9 to 12. Mothers and dads sponsor the clubs (Tri-Gra-Y for girls) Jr. Hi-Y—boys in Jr. High School. (Jr. Tri-Hi-Y for girls) Hi-Y—boys in High School. (Tri-Hi-Y for girls) Y's Men—for men (Y's Menettes for women) Ask your Y director for information.

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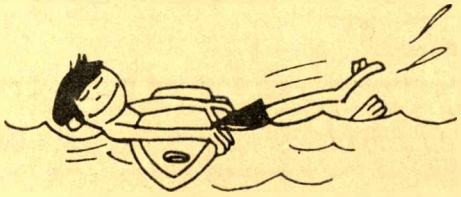
Third Day

Today everyone was having more fun! We practiced going back and forth across the pool with our kickboards then, without boards, using our hands and feet and blowing bubbles. Then we used our boards kicking our feet and holding our breath without our face in the water. Some of us did it a total of twenty times and we weren't too tired. Then we tried floating on our backs. The teacher asked who could press his stomach against the kickboard which we held under our forearms. We pretended we were peanut butter sandwiches. The kickboard was the bread and we had peanut butter on our stomachs and tried to stick to the bread.

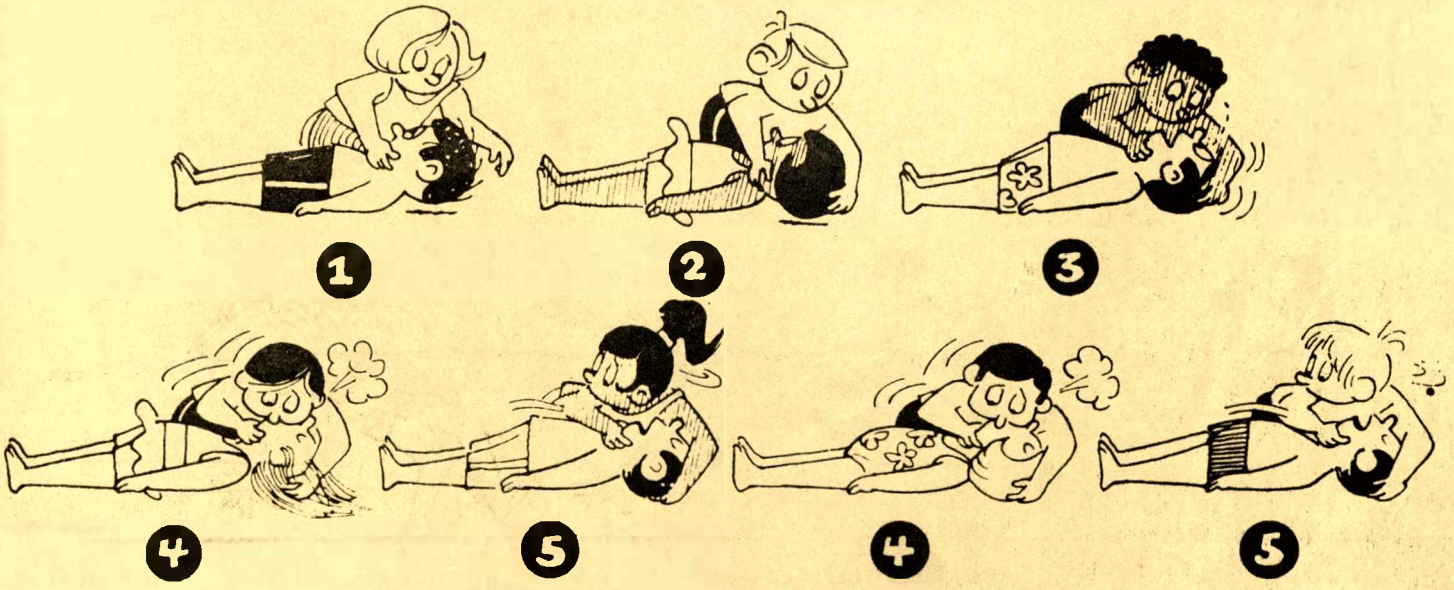


We laughed a lot and soon we found we could just lie on top of the water that way. Some of us can splash our feet and move. We tried to see who could keep his knees under the water and just splash his toes and move.

Then some of us tried it without the board and used our hands to push the water back and this made us move across the pool with a nice straight kick.

Remember to keep our hips up; if we don't, our feet will sink to the bottom, and that's where we go. Seats up! Head back! It's easy to breath with our mouth and face out of the water.

We learned about mouth-to-mouth resuscitation and agreed to show our families how to do it.



Mouth to mouth resuscitation

Homework

Practice kicking on your back with legs straight but not stiff, drop feet down from knee and kick up loose ankles. Pretend to push the water with your hands at the same time. Practice your kick on your stomach, too, and if you still have problems with holding your breath blowing bubbles; practice that, too. Show our families how to do mouth-to-mouth resuscitation.

Tomorrow's Lesson

We are going to practice gliding with our face in the water – and diving! We will see who can learn to do rotary breathing.

Some of us will swim the entire length of the pool with our floatation device on if we want to.

The Y's Whale Says:

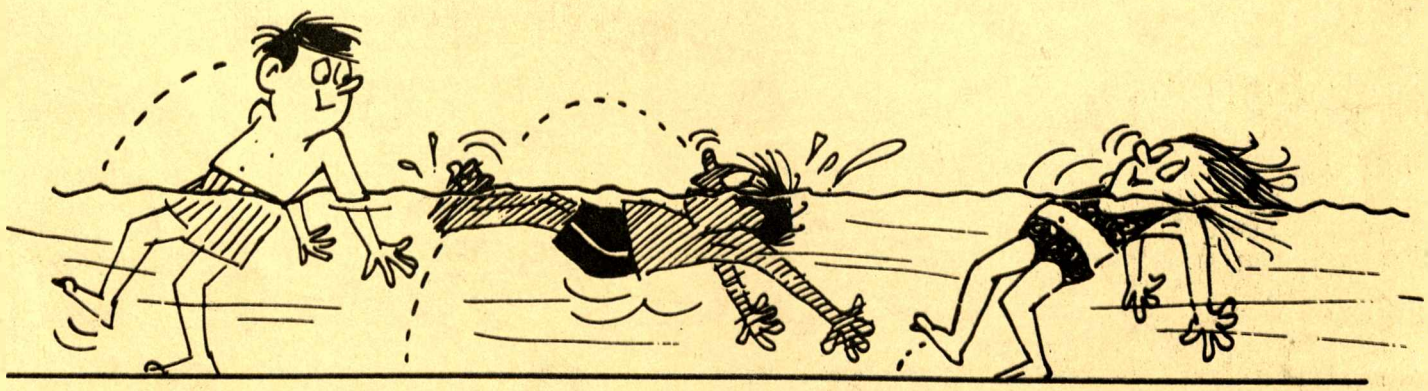
The more you get acquainted with the water the more fun it is. Pretty soon you almost get the feeling that you could live in it – you feel at home. Practice every night and try every minute while you are in the water Try lying down on the water as relaxed as you would like on your bed.

About The YMCA

The YMCA established the first boys camp in the United States in 1885 – Camp Dudley, in New York, which is still in operation.

Every boy should have at least one camp period every summer. There is swimming, hiking, horseback riding, craft shop, campfire, and fun being with friends in a cabin or tent. And, in Y camps, God seems to be closer and more real than anywhere else.

See You Tomorrow



"Who can lay their head back and get their ears wet?"

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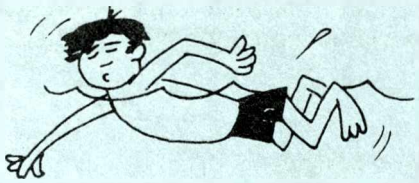
Fourth Day

Today we were all very busy! Some of our class can do more than others but the teacher says that some people learn faster. Soon we will all be swimming if we keep practicing. We practiced all the things we have been learning and today we learned to breathe.

It is called rotary breathing. We tried to see who could blow bubbles and then get a breath through his mouth while we were swimming across the pool with our floatation devices on. We found that if we just rolled our faces far enough to the side while we blow bubbles, we can get a new breath through our mouths.



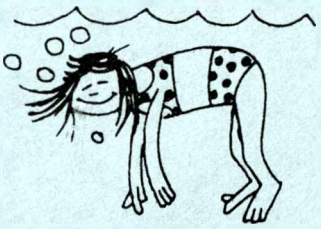
If we do it at the same time we kick our feet and pull with our hands we can keep on swimming. This takes practice. Some people can do it once. Some can do it several times; it's fun to try.

Remember, in diving, to keep our chins on our chests and our fingers together.

This will help us cut through the water like butter, easy, and we can go farther.

What happens when you put your fingers down? What happens when you put your fingers up? Keep practicing!!!!

I know the water will hold me up and if I hold my breath and keep my face in the water I can stay on top. When I need a breath I can blow out, push down with my hands and feet and take a new breath, put my face back in the water and rest some more. Some of my friends need to move their hands and feet a little when they are resting to stay on top better. This is called drown-proofing.



Homework

Try to practice all the things you have been learning at least twice before tomorrow's lesson. This includes kicking, pulling, breathing on the front and back. Get a good night's rest and you will do well. Tomorrow is your last lesson.

Tomorrow's Lesson

Some boys and girls will take a test to see if they are ready to advance to a higher level of swimming instruction. Others will need more practice to become strong enough to do. for a long distance, all the things they've been learning.

I feel very good about my swimming lessons. I will be sorry they are over. I will miss my new friends and my teacher, and I know they will miss me. I know, if I keep practicing and taking further lessons, I will be a fine swimmer some day. Swimming is one of the best ways to live a healthy life. It is an easy and fun way to keep physically fit.

The Y's Whale Says:

Sometimes the difference between the fellow who is swimming across the pool and the one who is not quite swimming is a matter of how hard they are trying. If you can swim 5 feet, you can swim 50 feet by trying a little harder. Make a bet with yourself that, tomorrow, you are going to do it—you will!

Safety Hints

A beginning swimmer is not as sea-worthy as he sometimes thinks he is. Always swim close to shallow water and never without someone who can help.

About The YMCA

The YMCA in your neighborhood is part of a world-wide YMCA with some 12,000 centers in 86 countries. YMCAs in the United States cooperate with YMCAs in other countries through a YMCA World Service program. Through YMCA World Service, your Y helps Ys overseas to grow. It also helps them to provide programs that improve the life of the people. In Ethiopia, for example, the Y provides an education for many deprived youngsters who otherwise would not be able to go to school. Some of the money that supports this World Service program comes from boys and girls of the YMCA—from Y camps and Y club groups—all over the United States.

See You Tomorrow

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Fifth Day

Today was a sad day because we had to say goodbye to our friends. But we had a wonderful time together learning to swim. Some of us have learned more than others but everyone has learned something. Some boys and girls passed tests today and swam 50 feet.

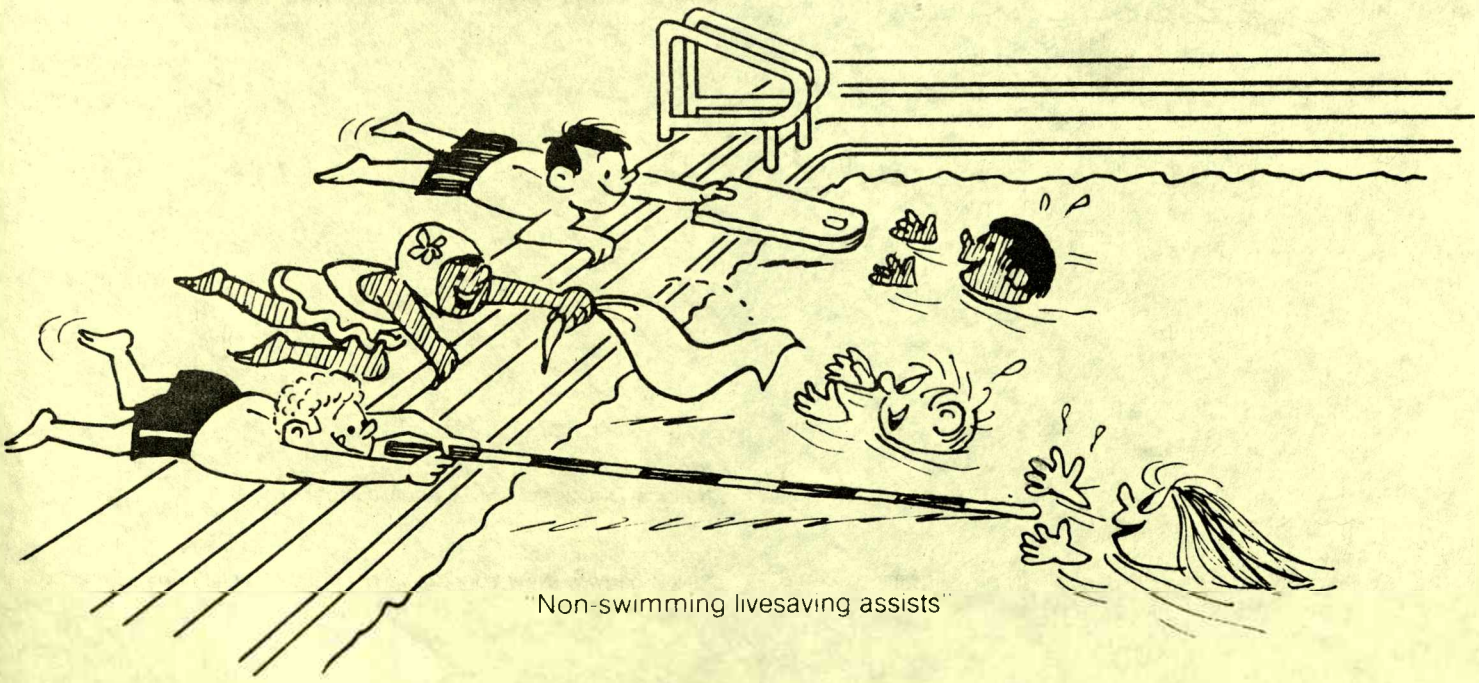
We know that with practice we will all be able to do well the things we learned. We practiced throwing kickboards to friends in the water so they could hold on and kick to the side of the pool. This is a way people can help without getting wet if someone is tired in the water.

We also found we could reach someone by extending a towel or pole from the edge of the pool by lying down and reaching for him. This needs practice because, if you don't do it right, you may end up in the water, too.

Our instructor says, "This is only the beginning of the things you can learn about swimming. The YMCA offers lessons for all ages and levels, starting at the age of three."

Some of you may want to become competitive swimmers and race in the water. Some may like to swim to music and do water ballet or synchronized swimming. Some may like to learn to dive from the diving board. Many of you may want to become leaders and help others to learn to swim and, when you are ready, take a life-saving course and an instructor's course to become a swimming instructor.

You are never too old to swim and people with handicaps can swim. Swimming is the best way to stay fit and healthy all your life. Families can have a lot of fun swimming and playing around in the water together. The Y now offers a Basic Aquatic Safety Course to acquaint the entire family with water safety. Ask your Y for details.

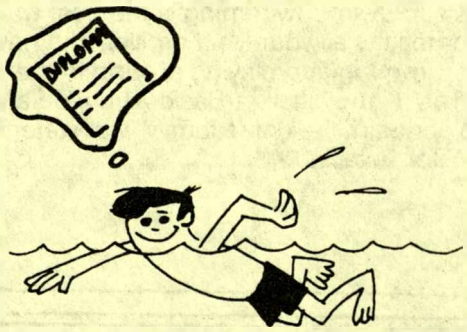


"Non-swimming livesaving assists"

About The YMCA

The Ys were among the first organizations in America to have indoor pools and the first to have a mass swimming program. No one knows how many millions of boys and girls have learned to swim in the YMCA during the past years.

Most of these special swimming classes are given at a minimum cost that makes the Y available for everyone. This is possible because of the thousands of men and women who contribute to the Y each year.



Safety Hints

Never take a dare in the water! The fellow who dares you to swim a distance that is stretching your ability, or to dive into a place where you are not sure of the bottom is not your friend. It takes more courage to say 'no' to a foolish dare than to try it.

Credit And Thanks

To the Leaders' Club and others who helped. To the instructors and helpers, many of whom volunteered their time. To those who write these Daily Lesson Sheets. To all you parents and children for understanding when schedules or other things didn't go quite right.

See You Soon Back At The Y

Produced by Robert J. Orozco
National Director of YMCA Aquatic Program

National Council of
291 Broadway, New York, New York 10007 / Telephone
(212) 349-0700

Welcome to the Terre Haute YMCA
FITNESS FANTASIA PROGRAM

To our class participants:

Hello and welcome! The Physical Education Staff at the YMCA proudly welcomes you into ***Fitness Fantasia****—the best program of its kind in the nation. We also congratulate you on taking this important step towards achieving greater physical fitness.*

During the next several weeks you will discover not only the joy of dancing and mastering choreographed routines, but will also achieve better understanding of all aspects of personal fitness. Our instructors are thoroughly trained to provide you with a positive, fun experience of aerobic exercise. Our nationally-trained instructors include: Leslie Apolinar, Bunny Blish, Sarah Brown, Kate Bullington, Sarah Fisk, Susan Fritz, Kay Hojem, Kim Keyes, Cindi Mundy, Cathy McCarthy, Carole Wade, Jackie Wagner, Debbie Walden, and Kim Walker.

To help you better understand the program, we have assembled this information booklet. We hope it will answer your questions, as well as provide useful information. If you have any other questions, please feel free to ask your instructor or other staff member. We care about you and want to help; and we believe strongly in the value of our programs. Most of all, we hope you'll relax, enjoy yourself, make some new friends, and get "hooked" on a complete program of health and fitness!

Sincerely,
Your Terre Haute
YMCA Fitness Staff

— THE CONCEPT OF WELLNESS —

There is more to being totally fit than just having a great physical appearance. Ideally the concept of complete fitness includes spiritual, emotional, and psychological wellbeing, in addition to physical health.

We refer to total fitness as "wellness." Once a week, your instructor will take a few minutes to share with you an educational topic involving some aspect of "wellness." Listed below are some areas which are important to this concept. Our discussions will include, but not be limited to, these ideas. From time to time you will be receiving additional handouts; please place them in this notebook and refer to them when needed.

1. A totally fit person does not smoke.
2. Use of alcoholic beverages is limited and within the bounds of good judgment.
3. Great care is taken in the use of drugs (including prescription and other legal drugs). This is one of the most serious health problems in our society.
4. "Wellness" means eating sensibly. Overweight individuals are more prone to heart disease, diabetes, high blood pressure, and gall bladder disease. Good eating habits mean eating nutritionally balanced meals, watching cholesterol, and reducing sugar and salt intake.
5. Exercise regularly. The key word is "regularly." Three times a week is minimum. Other aerobic exercise activities include: walking, jogging, swimming, bicycling, and jumping rope. Be consistent in your exercise!
6. Learn to handle stress. Poor handling of stress leads to erratic, often-dangerous behavior. Try to find a few minutes each day to slow down and relax. Learn to set priorities.
7. Be safety conscious. Wear your seat belt and obey traffic rules. Learn CPR. Learn to swim. Be prepared when the unexpected happens.

— CLASS STRUCTURE —

A Fitness Fantasia class at Terre Haute YMCA is 60 minutes long; and it includes three essential phases of an aerobic training program:

1. ***PRE-STRETCH & WARM-UP***
   a. gradually increases body temperature
   b. steadily increases blood flow and respiration (oxygen intake)
   c. guards against strains and pulls on muscles, tendons, and joints (reduces soreness)

2. ***AEROBIC WORK-OUT (training effect)***
   a. must be sustained over a period of time (20-35 minutes)
   b. heart rate must be in target zone to achieve cardiovascular benefits
   c. target zone is 70-80% of predicted maximal heart rate
   d. this is called "training effect"—strengthens heart, lungs, and blood vessels.

3. ***COOL DOWN***
   a. allows body to slowly readjust to normal
   b. helps avoid blood pooling back in torso (blood pooling can cause dizziness and fainting)
      —blood is out in limbs during peak exercise; needs to stay there to remove wastes
   c. allows heart rate to gradually return to normal
   d. consists of work on muscular strength and endurance, flexibility, and relaxation

It is important to arrive for class on time, and to plan not to leave early. If you should come in late, please take several minutes to stretch and warm-up your muscles. It is equally important to keep moving—between routines and until your heart rate has dropped to below 100 beats per minute. Your instructor will ask you to remain in class until she feels you have recovered sufficiently to leave. If you should feel overly tired during the work-out, it is **very important** that you remain on your feet and moving. To suddenly sit or lie down can cause blood pooling; this will make you feel dizzy or "light-headed." Should you find yourself working too hard, relax and take things more slowly.

— THE BENEFITS OF FITNESS FANTASIA —

Fantasia is a complete aerobic fitness program of choreographed movement. A variety of music is used. Through practice and learning of routines each participant experiences the opportunity to improve in all five areas of physical fitness:

1. Cardiovascular fitness—the improvement of efficiency of heart, lungs, and blood vessels.
2. Muscular flexibility—the ability to stretch and extend all parts of the body.
3. Muscular endurance—the muscles' ability to sustain a certain position or activity.
4. Muscular strength—increasing the amount of work a muscle can do.
5. Motor skills—coordination or agility.

As you become a regular, active participant in a fitness program (like Fantasia), you will discover that other physical activities become easier for you. You will also find that you will feel better, have more energy, sleep less, look better, handle stress more easily, decrease hunger, and altogether live life more fully. In the most basic terms, you will be in better health: MORE PHYSICALLY FIT.

— A WORD ABOUT AEROBICS... —

...Aerobic means "with oxygen." Any vigorous activity which causes your body to increase its level of oxygen intake over a sustained period of time is considered aerobic. Your heart and lungs are stimulated to carry more oxygen more quickly throughout the body. This has beneficial effects on the heart, lungs, and blood vessels; it makes them stronger and more efficient.

Fitness Fantasia is a self-monitoring program. There is no competition with anyone else in the class. We will teach you to monitor your own heart rate, so you are the best judge of stamina and pacing. As you become more sensitive to your body's signals you will find it unnecessary to check your heart rate as often, for you will know instinctively how hard you are working.

— MONITORING YOUR HEART RATE —

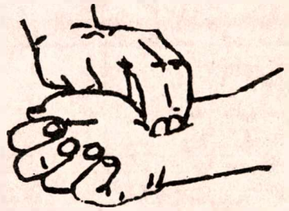
There is a simple and practical method we use to determine how hard your heart is working during exercise: each person in class takes his pulse. Your pulse rate is the number of times your heart pumps blood within a given interval. In Fitness Fantasia we work with three important heart rates (pulse):

1. ***RESTING HEART RATE (RHR)***
   An average resting pulse is approximately 60-90 beats a minute; however, your pulse can be outside these limits and still be considered normal (depending on other factors). A person in good physical condition usually has a lower RHR. With regular aerobic work-outs, you should be able to detect a decrease in your RHR over a ten to twelve week period.

   RHR should be taken when you are relaxed and quiet. Count for a full minute, beginning with the number zero (0).

   To find your pulse, place three fingers just below the base of the thumb. Keep your wrist relaxed and flexed. Try to avoid counting your pulse at the carotid artery in your neck, for it is often inaccurate.

2. ***EXERCISE HEART RATE, or TARGET HEART RATE ZONE***
   Your heart is a muscle; to strengthen it you must work it harder than normal. Research has shown that the greatest benefits are derived when the heart works at 70-80% of its maximum capability. This rate is the target heart rate zone towards which you must work. To find a person's target zone, the following formulas are used:



   220 - Your Age = Your Maximum Heart Rate

   Your Maximum Heart Rate × 70% = Your Lower Target Zone Limit

   Your Maximum Heart Rate × 85% = Your Upper Target Zone Limit

   As your class progresses, you will gradually work your way into the target zone. You will want your pulse to remain in zone for at least 20 minutes each class. In class we monitor in ten second pulse counts rather than in pulse rates per minute. To determine your ten second pulse count, divide your target zone limits by six.

   At the bottom of this page is a chart which shows the target zones for each person by age. Find your age at the left, then follow the line to find your 10 second training zone pulse. These charts will also be posted on the walls in the classrooms.

3. ***RECOVERY HEART RATE***
   During the cool down phase of class, your heart rate will gradually be returning to normal. During the aerobic work-out, your heart has worked very hard pumping blood to your limbs. The contraction of your body's muscles during cool down assists your heart in returning blood to vital organs. It is desirable for your ten second count to be below 20 before lying on the floor for the final cool-down routines. Your ten second count must be below 18 (100 beats per minute) before leaving class. Let your instructor know if your heart is not slowing sufficiently.

One final note on monitoring your pulse. Please try to keep moving while taking your pulse during class. Rock back and forth, or walk around as you count. Always begin counting with zero (0).

TARGET HEART RATES (For Apparently Healthy Individuals Only)

AGE	EST. MAX. HR.	10 SEC. COUNT	
		85%	70%
18	202	29	24
19	201	28	23
20	200	28	23
21	199	28	23
22	198	28	23
23	197	28	23
24	196	28	23
25	195	28	23
26	194	27	23
27	193	27	23
28	192	27	23
29	191	27	22
30	190	27	22
31	189	27	22
32	188	27	22
33	187	27	22
34	186	26	22
35	185	26	22

AGE	EST. MAX. HR.	10 SEC. COUNT	
		85%	70%
36	184	26	21
37	183	26	21
38	182	26	21
39	181	26	21
40	180	26	21
41	179	25	21
42	178	25	21
43	177	25	21
44	176	25	20
45	175	25	20
46	174	25	20
47	173	25	20
48	172	24	20
49	171	24	20
50	170	24	20
51	169	24	20
52	168	24	20
53	167	24	19

AGE	EST. MAX. HR.	10 SEC. COUNT	
		85%	70%
54	166	24	19
55	165	23	19
56	164	23	19
57	163	23	19
58	162	23	19
59	161	23	19
60	160	23	19
61	159	23	19
62	158	22	19
63	157	22	18
64	156	22	18
65	155	22	18
66	154	22	18
67	153	22	18
68	152	22	18
69	151	21	18
70	150	21	18

— LOSING WEIGHT —

A calorie is a unit of energy. Everything the body does requires energy; therefore, all physical activity burns up a certain number of calories. We take in calories by eating. Each food has a specific energy value to the body. If a person takes in more calories than he expends through physical activity, the body stores that energy in the form of fat. Therefore, to reduce our body fat we must burn off some of the stored energy. There are basically two ways to do this:

1. ***Reduce your ingestion of calories.*** Cut back on high-calorie foods and amounts of lower-calorie foods.
2. ***Increase your physical activity.*** Exercise is one of the best ways to burn calories. Vigorous exercise will also lead to reduction in appetite and help tone your muscles as you lose unwanted fat.

Listed below are some activities and the corresponding numbers of calories they burn (when performed for one hour). To lose one pound you must burn 3500 calories of stored energy. Increasing activity by 100 calories a day (a 20-minute walk) and decreasing food intake by 400 calories a day will result in a loss of one pound per week.

Answering telephone	50	Typing	50	Football	600
Bathing	100	Walking upstairs and down	800	Golfing	250
Bed-making	300	Walking leisurely	200	Handball	550
Brushing teeth or hair	100	Walking fast	300	Hiking	400
Dishwashing	75	Watching television	25	Horseback riding	250
Dressing, undressing	50	Badminton	400	Jogging	600
Driving automobile	50	Baseball	350	Painting	150
Dusting furniture	150	Basketball	550	Piano playing	75
Eating	50	Boating, rowing	400	Running, fast pace	900
Filing (office)	200	Boating, motor	150	Singing	50
Gardening	250	Bowling	250	Skating leisurely	400
Ironing	100	Calisthenics	500	Skating rapidly	450
Mopping floors	200	Card playing	25	Skiing	600
Preparing food	100	Cycling slowly	300	Soccer	650
Reading	25	Cycling strenuously	600	Swimming leisurely	400
Sawing	500	Dancing, slow step	350	Swimming rapidly	800
Sewing	50	Dancing, fast step	600	Tennis, singles	450
Shoveling	500	Fishing	150	Tennis, doubles	350

— SOME FINAL QUESTIONS....AND ANSWERS! —

1. ***What should I wear to exercise?***
   Be sure you are comfortable—T-shirt, shorts, leotard and tights, sweat pants and shirts are good choices. Just be sure you aren't getting overly warm and that you have plenty of room to stretch and move. Jeans are too restrictive. NO RUBBER SUITS. Add a supportive pair of tennis or jogging shoes and you are ready to go.
2. ***What about making-up missed classes?***
   If you miss a class for some reason, it may be possible for you to attend the same level class on a different day. However, we ask that you check with your instructor to make sure the other class has room for you. The YMCA is only obligated to offer make-ups on classes which **it cancels** due to holidays or inclement weather. We will try to allow you to make a class up if possible.
3. ***May I record the tapes or get copies of the routines?***
   NO! Fitness Fantasis is a copyrighted program; no one is allowed to record any segment of the music or routines. To do so would be a violation of the royalty rights and copyright laws. Your instructor can share with you the names of the songs we use and who recorded them, if you ask her.
4. ***Why do I feel so uncoordinated at first?***
   When learning a new routine, lots of things are going through your mind. It is **normal** to feel a little "klutzy" at first. We don't expect you to memorize everything—that's why the instructor is there. Perfect dancing is not our goal; having lots of fun and keeping on the move is what we strive for. If you feel lost, jog or jump; the important thing is to keep your heart rate in zone!
5. ***Will I lose weight?***
   Fitness Fantasia burns about as many calories as jogging three miles—about 300 calories burned during an active class period. The most efficient way to lose weight is to whittle your caloric intake both ways, that is, to cut down on what you eat **and** increase your level of physical activity.

Terre Haute YMCA 200 SOUTH SIXTH STREET • TERRE HAUTE, INDIANA 47807 • 232-2361

1983 UNITED WAY ALLOCATION PANEL PRESENTATION

- AGENDA -

A. WELCOME - STEVE KROUSE, CHAIRMAN YMCA BOARD OF DIRECTORS

B. REMARKS - JESS LUCAS, PANEL CHAIRPERSON

C. BOARD PRESENTATION:

1. STEVE KROUSE - CHAIRMAN BOARD OF DIRECTORS
2. MIKE CARTY - CHAIRMAN FINANCE COMMITTEE
3. DON SCOTT - CHAIRMAN PROGRAM COMMITTEE
4. RANDY RAHE - CHAIRMAN MARKETING COMMITTEE
5. MIKE KELLEY - CHAIRMAN BUILDING & GROUNDS COMMITTEE

D. PROGRAM PRESENTATION - TOM JONES, EXECUTIVE DIRECTOR

E. BUDGET PRESENTATION - MIKE CARTY, TREASURER

F. CLOSING REMARKS - STEVE KROUSE

United Way

YMCA A Great Idea!

Six-Year Operating Goals 1979-1984
National Board of YMCAs

Statement of Purpose

The Young Men's Christian Association we regard in its essential genius, as a worldwide fellowship united by a common loyalty to Jesus Christ for the purpose of developing Christian personality and building a Christian society.

Interpretive Statement formulated by the National Council of Young Men's Christian Associations in 1963

Your YMCA seeks to help its members:

- develop self-confidence and self-respect—and an appreciation of their own worth as individuals;
- develop a faith for daily living based upon the teachings of Jesus, that they may all achieve their highest potential as children of God;
- grow as responsible members of their families and as citizens of their communities;
- appreciate that health of mind and body is a sacred gift, and that physical fitness and mental well-being are conditions to be achieved and maintained;
- recognize the worth of all persons, and work for interracial and intergroup understanding;
- develop a sense of world-mindedness and work for world understanding;
- develop their capabilities for leadership and use them responsibly in their own groups and community life.

The Kampala Principles of 1973

Actions by the World Council meeting in Kampala, Uganda, July 1973, reaffirmed the Christian Basis of the YMCA. Recognizing the characteristics of the YMCAs in the world today, this act lays upon various Associations and their members, as fellow workers with God, a set of imperatives known as the Kampala Principles:

1. To work for equal opportunity and justice for all.
2. To work for and maintain an environment in which relationships among people are characterized by love and understanding.
3. To work for and maintain conditions, within the YMCA and in society, its organizations and institutions, which allow for honesty, depth and creativity.
4. To develop and maintain leadership and program patterns which exemplify the variety and depth of Christian experience.
5. To work for the development of the whole person.

Operating Goal for Program Thrusts: By 1984, through effective use of all resources and capabilities, including expanded collaboration with other organizations, YMCAs will have contributed to improving human conditions in communities at home and abroad.

P. 1

Christian Commitment and Values Education

Context: There is a compelling need today for reaffirmation and recommitment to basic Christian values of the kind that historically provided the strong ethical framework for our society. YMCAs, based in their Christian values tradition, and because of their broadened human services function, have a unique capability to furnish inspiration and leadership in response to that need.

Thrust: For YMCAs to reaffirm and demonstrate their commitment to the worldwide Movement's basic Christian purpose through values-oriented programs, activities and services.

YMCAs will provide leadership and values education to help individuals and groups examine and apply their own values in today's pluralistic society.

Expected Outcomes: By 1984:

1. The National Board will have examined the degree to which its programs, activities and services affirm and demonstrate the worldwide Movement's basic Christian commitment.
2. The National Board will have been taking values positions on key societal issues, and integrating those values into its programs and organizational priorities.
3. The National Board will have produced and made available to Member Associations program materials and training manuals for use in exploring issues of the Christian faith.
4. The National Board will have produced and made available to Member Associations, materials and training resources on using values education in programs.
5. Each Field Service Unit will have developed and made available a process to assist Member Associations in the examination and demonstration of their statements of purpose.
4. Each Field Service Unit will have developed and made available a process to assist Member Associations in the use of values education methodologies in all programs and operations.

Context: For too many Americans, the reality of interdependence among nations has had negative connotations as, for example, gasoline shortages with accompanying higher prices. North-South tensions have increased as a result of growing populations and food shortages in developing countries and these tensions have been heightened by a seeming indifference of the superpowers to the plight of the developing countries, and a preoccupation with dialogue with each other.

On the positive side is a growing awareness of the possibilities for international cooperation and learning. Those possibilities include the resource potential of multinational corporations, and of people-centered, city-to-city programs that overcome nationalistic barriers and contribute to world citizenship and global awareness. Aspirations and possibilities for world peace have never been higher.

Thrust: For YMCAs to join with people around the world in working for harmonious interdependence and world peace.

Expected Outcomes: By 1984:

1. The National Board will have enabled Member Associations to become effective centers of international education/action in their communities through a wide range of international programs including exchanges, Development Education workshops, community inventories of international relationships and direct overseas linkages.

2. The National Board will have fostered a variety of peace initiatives such as Peace Education Workshops, exchanges with persons of differing ideologies, development of third party roles in conflict resolution and increased understanding of critical world issues leading to commitment and action by YMCA individuals, units and groups.

3. The National Board will have cooperated with the World Alliance in strengthening programs of: (a) Inter-Movement support; (b) Development; (c) Refugee Services; (d) Leadership Training; and encouraged new models in use of human resource and multi-national funding.

4. The National Board will have enabled Member Associations to increase involvement of constituent groups such as Y's Men International in working toward internationally oriented objectives.

Context: Protection of human rights for individuals and groups is a growing concern in today's world. Yet, improvement in the quality of life continues to elude millions of people in many lands because of social and economic deprivation and the insidious effects of such factors as racism, sexism, handicapism and ageism.

Further discord is brought on by society's present inability to deal with the effects of shifting roles of men and women stemming from economic factors, the Women's Movement and changes in family structure. Still other segments of society, including older Americans and handicapped persons, suffer due to under-utilization of the full potentials of their human resources.

Thrust: For YMCAs to provide leadership toward achievement of universal human rights, with emphasis on elimination of personal and institutional racism.

Expected Outcomes: By 1984:

1. The National Board will have incorporated within existing programs human rights emphases based on the U.N. Universal Declaration of Human Rights; with additional focus on the Rights of the Child.

2. The National Board will have developed and implemented programs to work toward the elimination of personal and institutional racism.

3. The National Board will have provided resources for the continued development of non-white leadership, both volunteer and staff, for YMCAs.

4. The National Board will have fully implemented its official Affirmative Action program in employment, volunteerism and use of financial resources.

5. The National Board will have developed and implemented programs to work toward the elimination of institutional sexism.

6. The National Board will have provided leadership to strengthen YMCA programs and services in non-white communities.

7. The National Board will have developed and implemented programs to work with older Americans and handicapped persons.

Context: Emerging scientific knowledge and technology are opening new possibilities for higher levels of physical and mental health. Concur ent with that is a growing inclination by individuals to accept personal responsibility for illness prevention and health maintenance.

At the same time, the alarmingly high incidence of cardio-vascular diseases and the increasing occurrence of mental stress require major attention.

Thrust: For YMCAs to provide motivation and opportunity for achievement of physical and mental health.

Expected Outcomes: By 1984:

1. The National Board will have supported YMCAs in developing programs to assist individuals to assume personal responsibility for nurturing physical and mental health.

2. The National Board will have provided program resources and training to assist Member Associations in implementing youth sports programs with values education components for year-round activities.

3. The National Board will have assisted YMCAs in developing extensive skill training and program resources for lifetime sports.

4. The National Board will have provided models for adaptations in physical and mental health programs to improve YMCA services to special populations such as the handicapped and older adults.

Context: The family remains the primary unit in American society for human development, nurturing of physical and mental health and for crystallization of value systems. Yet changes in family structures and lifestyles and/or differences in ethnic or racial cultural patterns have imposed strains that affect the fate of family members, particularly children.

Many families have members who are strongly supportive of each other and who make a valuable contribution to society. Yet about one of three marriages ends in divorce and more and more of these involve children. A quarter to one-third of all American children are born into families with financial strains so great that their children will suffer basic deprivations. An estimated one million children run away from home each year—the majority of them girls—average age 15.

The inability of families to choose and achieve meaningful goals, to perceive and adapt to the needs of others in the family, and to acquire the skills of changing habit patterns contribute to conditions leading to family breakdown.

Thrust: For YMCAs to improve the quality of family relationships and strengthen the development of family members.

Expected Outcomes: By 1984:

1. The National Board will have helped at least one local Member YMCA in each Region to establish a Family Life Multi-Service Center.

2. The National Board will have helped Member Associations develop program models to support one-parent families, including the areas of parent education, family communications, day care, and socialization.

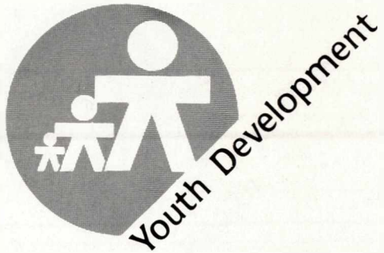
3. The National Board, working with a network of Member Associations, will have trained additional lay and staff leaders in family communications and parenting skills and will have conducted seminars on family life preparation.

4. The National Board will have helped Member Associations in developing program models to support minority families in the areas of family unit activities, parent-child relationships, day care, and family life preparation.

5. The National Board, working with Member Associations, will have extended family group activities for family life enrichment in both new and ongoing YMCA programs in home, camp or community.

6. The National Board will have helped Member Associations to extend their services to and by older adults in the areas of socialization, nutrition, fitness, economic and health information, continuing education, service, and personal enrichment.

7. The National Board will have assisted Member YMCAs to increase Y-Parent-Child group membership and to enrich Y-Parent-Child programs through increased staff training, lay leadership development, parent education, and creative program development.



Context: American youth in increasing numbers are in conflict with what they perceive as rigid and unresponsive institutions. They see themselves as shut off from meaningful social roles and denied opportunities for achieving their full potential as persons. This has led many of them into adopting patterns of anti-social behavior, alienation, delinquency and crime. These trends must be reversed and significant efforts directed toward positive youth development. This calls for effectively applying sufficient human and material resources to the task to ensure that each child will have opportunities for maximum development. There is also need for recognition and appreciation of youth who are finding their way.

Thrust: For YMCAs to take leadership in planning and implementing community efforts to help positive youth development, to create opportunities for meaningful social and economic roles and to change conditions that foster alienation and anti-social behavior.

Expected Outcomes: By 1984:

1. The National Board will have developed models of coordinated networks of direct services for positive youth development, giving particular attention to those youth who face involvement in the juvenile justice system.

2. The National Board will have provided training and technical assistance to enable Member Associations to adopt an organizational youth development goal that would change those policies and practices that may negatively label and alienate youth, limit and deny access to meaningful roles, and may inadvertently cause delinquent behavior.

3. The National Board will have adopted a national policy on positive youth development. The National Board will have formally reviewed and revised its operating policies and practices to make them consistent with this policy.

4. The National Board will have taken leadership in identifying and adapting youth development models from other countries for use by Member Associations.

Context: There continues to be both ferment and change in the roles of volunteers as the pivot of voluntary action and in the nature of relationships between volunteers and staff. Additionally, greater numbers of the elderly, youth, racial/religious minorities, women, and the handicapped are swelling the ranks of volunteer power.

These dynamics create the necessity and opportunity for new strategies, new role concepts, new preparation, support and utilization of volunteers. There also exists extraordinary opportunity for voluntary activities to favorably influence conditions affecting the quality of life.

Thrust: For YMCAs to provide increased opportunities for individual voluntary service and citizen participation in meeting human needs and in expanding spiritual, intellectual, cultural and physical enrichment of people within their communities; and to benefit individuals through volunteer activity.

Expected Outcomes: By 1984:

1. The National Board will have assisted Member Associations to develop and implement policies and practices for more effective recruitment, training, appraising and recognition of volunteers; and in their involvement in implementing YMCA Goals for 1979-84.

2. The National Board will have identified and made available to Member Associations models for the creative use of volunteers in new roles and tasks and activities which fulfill the needs of volunteers as well as the organization.

3. YMCAs will have mounted an intensive program to increase the involvement of youth in creative volunteer roles.

Organizational Thrusts Context: The complexities of the problems and YMCAs' responses in the Program Thrusts, together with the organization's accountability for its actions, mandate effective mobilization of resources—both human and material; internal and external.

O. 1

Operating Goal for Organizational Thrusts: By 1984, the National Board will have evolved and implemented management structures and processes that provide effective resource and support systems for development and maintenance of high quality program thrusts.

O. 2

Thrust: For YMCAs to develop management concepts and processes that assure maximum utilization of staff resources in achievement of YMCA goals and objectives.

Expected Outcomes: By 1984:

1. The National Board will have implemented concepts and processes that encourage use of all staff resources, regardless of organizational lines or classifications, in delivery of services to Member Associations and achievement of goals.

2. The National Board will have developed and provided career development training systems for exempt and non-exempt YMCA staff.

3. The National Board's personnel administration, compensation and recognition systems and practices will be functioning in such a way as to serve as models for Member YMCAs and other agencies.

YMCAs will have implemented new training programs in lay-staff relationships for volunteers and staff.

Thrust: To develop and implement a comprehensive Financial Development Program for securing combinations of public and private financial resources for achievement of organizational goals.

Expected Outcomes: By 1984:

1. The National Board will have continued training to strengthen the capabilities of volunteers and staff in financial development.

2. The National Board will have assisted Member Associations to develop and implement collaborative funding approaches locally, nationally, and internationally.

3. The National Board will have assisted Member Associations and encouraged collaboration within its own units in securing funding for major thrusts and demonstration projects.

4. The National Board will have made available specialized training and assistance in financial development to Member Associations serving non-white communities.

O. 3

Thrust: For YMCAs to strengthen their capacity to provide facilities with flexibility to accommodate changing programs, thrusts and economic conditions.

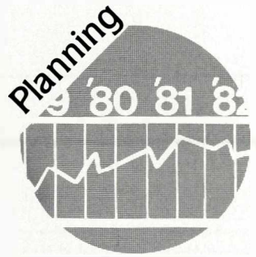
Expected Outcomes: By 1984:

1. The National Board will have made available to Member Associations technical advice regarding necessary adaptations for facilities to provide equal access to all populations, including aged, handicapped, women, etc.

2. The National Board will have made available to Member Associations technical assistance and models demonstrating new and alternative ways YMCA and non-YMCA facilities may be used to meet Association and community needs.

3. The National Board will have provided assistance to Member Associations in the construction, renovation or operation of efficiently planned and economically viable buildings to meet community needs.

O. 4



Thrust: To refine the National Board Corporate Planning Process and to develop and institute long-range futuring.

Expected Outcomes: By 1984:

1. The National Board will have developed, implemented and evaluated ongoing mechanisms to monitor and analyze external and organizational long-range trends affecting YMCAs and the people they serve.

2. The National Board will have provided Member Associations with support in Corporate Planning with processes for linking local and national planning for maximum nationwide impact.

3. The National Board will have developed a six-year financial plan to achieve goals.

Thrust: For YMCAs to strengthen their capability to respond to and influence public policies.

Expected Outcomes: By 1984:

1. The National Board will have undertaken a program to monitor and communicate public policy issues and actions, domestic and international, with special emphasis on critical issues affecting Member Associations.

2. The National Board will have been identifying and advocating to national governmental bodies organizational interests that have both institutional and societal implications.

3. The National Board will have assisted Member Associations in advocating their interest to national, state and local government on policy issues affecting them.

4. The National Board will have collaborated with other non-governmental organizations on public policy issues to create greater impact in achieving a more humane and equitable way of life.

5. The National Board will have established a training program for volunteer and staff leadership in public policy advocacy.

Thrust: For YMCAs to organize and apply resources to specialized management areas where urgent needs are identified.

Expected Outcomes: By 1984:

1. The National Board will have worked with Member Associations to strengthen fiscal management, eliminate operating deficits and control capital debt.

2. The National Board will have collaborated with Member Associations in providing resources which facilitate (1) the reduction of risk factors in YMCA operations, and (2) the awareness of and access to adequate insurance coverage.

3. The National Board will have provided resources throughout the YMCA Movement to improve understanding and use of marketing concepts, tools and techniques for operations.

Available from:

NATIONAL YMCA PROGRAM MATERIALS
291 Broadway, New York, NY 10027
(212) 374-2120/2121

Stock #BK–15 #0147

For information on Goal Implementation Resources write Organization Development Group, National Board of YMCAs, 291 Broadway, New York, NY 10007.

Design: Ron Moffat

AGENCY: Y.M.C.A.

SUPPORTING SCHEDULE 1

FUND BALANCE SHEET	Current Funds		Land, Building and Equipment Fund	Endowment Fund	Total All Funds	
	Unrestricted	Restricted			1982	1981
ASSETS						
1. Cash	(3458.00)	739.00			6994.00	1282.00
2. Short-Term Investments—at Cost, which is Approximately Market Value		4320.00			5000.00	16500.00
3. Accounts Receivable, Less Allowance for Uncollectibles of $						
4. Pledges Receivable, Less Allowance for Uncollectibles of $ Unrestricted Fund and $ Land, Building and Equipment Fund						
5. Grants Receivable						
6. Materials for Sale or Use—at Cost or Market, whichever is Lower						
7. Prepaid Expenses and Deferred Charges						
8. Board-Designated Long-Term Investments						
9. Endowment Fund Investments						
10. Land, Buildings and Equipment—at Cost, Less Accumulated Depreciation of $						
11.						
12.						
13. **TOTAL ASSETS**	(3485.00)	5059.00			11994.00	17782.00
LIABILITIES AND FUND BALANCES						
Liabilities:						
14. Accounts Payable and Accrued Expenses	57750.00				15777.00	-0-
15. Research Grants						
16. Support and Revenue Designated for Future Periods						
17 ___% Mortgage Payable, Due 19____						
18.						
19.						
20. Total Liabilities and Deferred Revenues						
Fund Balances:						
Current Unrestricted, Designated by the Governing Board for—						
21. Long-Term Investments						
22. Purchases of New Equipment						
23.						
24. Current Unrestricted, Available for General Activities	(61235.00)				(27196.00)	300.00
Current Restricted, Designated by Donors for —						
25. BUILDING FUND		3955.00			5394.00	11860.00
26. RESTRICTED FUND		1104.00			18019.00	5622.00
27. Expended						
28. Unexpended—Restricted						
29. Endowment Fund						
30. Total Fund Balances						
31. **TOTAL LIABILITIES & FUND BALANCES**	(3485.00)	5059.00			11994.00	17782.00

RECEIVED
JUL 22 1983
UNITED WAY OF THE WABASH VALLEY

ALL FINANCIAL INFORMATION ROUNDED TO NEAREST DOLLAR

UNITED WAY OF THE WABASH VALLEY, INC.

YOUNG MENS CHRISTIAN ASSOCIATION
Name of Agency

PROPOSED BUDGET OF SERVICES FOR 19

COLUMNS 1 THROUGH 12 TO BE USED FOR NEXT YEAR'S OPERATION

					SUPPORTING SERVICES			PROGRAM SERVICES						
	Last Year Actual	This Year Estim.	1 TOTAL Col. 2, 3, & 6	2 NATIONAL Dues or Support	3 TOTAL Supp. Servs.	4 Management & General	5 Fund Raising	6 TOTAL Prog. Servs.	7 Serv. Descrip. AQUATICS	8 Serv. Descrip. PHYS. ED.	9 Serv. Descrip. ATHLETICS	10 Serv. Descrip. YOUTH PRO.	11 Serv. Descrip. FITNESS CEN	12 Serv. Descrip. DAY CAMP
EXPENDITURES FOR CURRENT SERVICE OPERATIONS:														
7000 Salaries	134005.71	147031.00	144655.00		75064.00	75064.00		69591.00	20213.00	30698.00	5120.00	5420.00		8140.00
7100 Employee Health & Retirement Benefits	5269.52	6000.00	7250.00		4096.00	4096.00		3154.00	978.00	1155.00	526.00	165.00		330.00
7200 Employee Taxes, etc.	8966.69	14000.00	14465.00		7506.00	7506.00		6959.00	2021.00	3070.00	512.00	542.00		814.00
8000 Professional Fees & Contract Service Payments	5689.00	17820.00	26800.00		23105.00	23105.00		3695.00			3695.00			
8100 Supplies	42677.32	35164.00	51917.00		26200.00	21630.00	4570.00	25717.00	3000.00	5805.00	9087.00	2650.00	3100.00	2075.00
8200 Telephone	4111.41	7059.00	5000.00		1000.00	1000.00		4000.00	1000.00	1000.00	800.00	400.00	600.00	200.00
8300 Postage	1335.93	1711.00	2400.00		480.00	480.00		1920.00	480.00	480.00	384.00	192.00	288.00	96.00
8400 Occupancy Rent Utilities, Etc.	68831.79	124479.00	103080.00		20616.00	20616.00		82464.00	20616.00	20616.00	16493.00	8247.00	12369.00	4123.00
8500 Rental & Maint. of Equip.	17307.94	35482.00	24000.00		20000.00	20000.00		4000.00	1000.00	1000.00	800.00	400.00	600.00	200.00
8600 Outside Printing, Art Work, etc.	3377.79	4290.00	3350.00		1200.00	1200.00		2150.00		900.00	450.00	100.00		700.00
8607 Subscriptions and Reference Publications	-0-	-0-	-0-		-0-									
8700 Transportation	4725.84	2178.00	2440.00		1300.00	1300.00		1140.00	300.00	300.00	300.00			240.00
8800 Conferences, Staff Development	2446.98	2000.00	6950.00		1000.00	1000.00		5950.00	750.00	3900.00	750.00	250.00		300.00
8900 Specific Assistance to Individuals	-0-	-0-	-0-		-0-									
9400 Miscellaneous (List on Separate Sheet)	6644.56	11039.00	9400.00		9400.00	9400.00								
TOTAL SERVICES EXPENDITURES—DIRECT	305390.48	408253.00	401707.00		190967.00	186397.00	4570.00	210740.00	50358.00	68924.00	38917.00	18366.00	16957.00	17218.00
9000 Dues/Support Payments to National/State Organizations	483.69	10011.00	8118.00	8118.00										
LINE (A) TOTAL EXPENDITURES DIRECT	305874.17	418264.00	409825.00	8118.00	190967.00	186397.00	4570.00	210740.00	50358.00	68924.00	38917.00	18366.00	16957.00	17218.00
SUPPORT/REVENUE FOR CURRENT OPERATIONS:														
4000 Contributions - Indiv. & Corporate	23634.35	34298.00	14720.00		8000.00	8000.00		6720.00			6720.00			
4200 Special Events	6742.16	11000.00	11000.00		11000.00		11000.00							
4300 Legacies & Bequests (Unrestricted)	234.57	6000.00	-0-		-0-									
4700 Local United Way Allocation/Request	53768.00	50124.00	59582.00		-0-			59582.00	23832.00		17874.00	8938.00		8938.00
4800 Other United Way Allocations/Requests **Designations	938.00	2534.00												
5000 Fees & Grants From Governmental Agencies														
6000 Memberships/Dues	72928.08	97280.00	118620.00		118620.00	118620.00								
6200 Program Service Fees	118497.41	173935.00	188263.00					188263.00	16813.00	82290.00	19750.00	7110.00	42900.00	19400.00
6300 Sales of Supplies/Services	9184.41	14248.00	13200.00		13200.00	13200.00								
6400 Sales to Public														
6500 Investment Income (Unrestricted)	480.76	391.00	-0-											
6900 Miscellaneous (List on Separate Sheet)	5662.66	24562.00	4440.00		4440.00	4440.00								
LINE (B) TOTAL SUPPORT/REVENUE—DIRECT	292070.40	414372.00	409825.00		155260.00	144260.00	11000.00	254565.00	40645.00	82290.00	44344.00	16048.00	42900.00	28338.00

PROGRAM COST ANALYSIS

(E) PROGRAM SERVICE EXPENDITURE TOTALS (copy from line (A) above)		50358.00	68924.00	38917.00	18366.00	16957.00	17218.00
TOTAL SUPPORTING SERVICES (copy from line (A) column 3 above)	190967.00						
5000 Dues/Support Payments to Nat'l "Parent" Organization (copy from line (A) column 2 above)	8118.00						
TOTAL	199085.00	49771.00	49771.00	39817.00	19909.00	29863.00	9954.00
(F) TOTAL PROGRAM COST		100129.00	118695.00	78734.00	38275.00	46820.00	27172.00
(G) SERVICE VOLUME AND UNIT COST: Number of Units of Service		2305	4320	1194	1000	250	540
Direct Cost Per Unit (divide (E) by (G)		21.85	15.95	32.59	18.37	67.83	31.89
Total Cost Per Unit (divide (F) by (G)		43.44	27.48	65.94	38.28	187.28	50.32
		UNIT** DESCRIPTION	UNIT DESCRIPTION	UNIT DESCRIPTION	UNIT DESCRIPTION	UNIT DESCRIPTION	UNIT DESCRIPTION
		PARTICIPANTS	PARTICIPANTS	PARTICIPANTS	MEMBERS	MEMBERS	PARTICIPANTS

DISTRIBUTION* →

* Distribution (expressed in dollars) that each of program service expenditure totals bears to the total of all program service expenditures, as shown on line (A) above.
** Unit description: Examples would be hour, day, month, year or whatever best describes your agency's unit.

AGENCY:

SUPPORTING SCHEDULE: **2**

SCHEDULE OF POSITIONS AND SALARIES SUPPORTING ACTUAL EXPENSES AND BUDGET ESTIMATES FOR AGENCY STAFF

ACC'T. NO. CHARGED	JOB GRADE NO.	POSITION TITLE AND/OR EMPLOYEE NAME * = Position Vacant	FULL TIME EQUIVA-LENT**	19___ LAST YEAR ACTUAL	19___ THIS YEAR BUDGETED	19___ NEXT YEAR PROPOSED
		EXECUTIVE DIRECTOR	1	21120.00	24120.00	26050.00
		PROGRAM DIRECTOR	1	13500.00	15466.00	16700.00
		PHYSICAL DIRECTOR	1	11500.00	8800.00	-0-
		ATHLETIC DIRECTOR	1	11500.00	7666.00	-0-
		AQUATIC/YOUTH DIRECTOR	1	-0-	4453.00	14630.00
		OFFICE MANAGER	1	8200.00	10000.00	10800.00
		BOOK KEEPER	.5	-0-		6240.00
		SECRETARY	.5	10500.00	8306.00	5600.00
		RECEPTIONIST	1.5	3765.00	12000.00	7949.00
		BASKETROOM ATTENDANT	1.5	14747.00	14700.00	-0-
		MAINTENANCE	2	15130.00	7500.00	18425.00
		AQUATICS STAFF	1.5	11288.00	9000.00	10703.00
		P.E. INSTRUCTORS	2	9180.00	19320.00	19008.00
		PHYSICAL THERAPIST	.5	3575.00	3700.00	-0-
		DAY CAMP STAFF	.5	-0-	2000.00	4800.00
		ASSISTANT YOUTH DIRECTOR	.5	-0-	-0-	3750.00
		TOTAL C/F	17	134005.00	147031.00	144655.00

** Full time staff will be noted as 1.00; halftime as 0.50; quartertime as 0.25 and so on.

ALL FINANCIAL INFORMATION ROUNDED TO NEAREST DOLLAR

line 3	line 5	line 6
100,129	21.85	43.44
118,695	15.95	27.48
78,734	32.59	65.54
38,275	18.37	38.28
46,820	67.83	187.28
27,172	31.89	50.32

original

line 2	3	line 6
51,280.00	101638	44.09
51,280.00	120204	27.63
41,024.00	79941	66.55
20,512.00	38878	38.88
30,768.00	47725	150.90
10,256.00	27474	50.88

line 4780 Lost yr actual -
originally 53,969.12

SUPPLEMENTAL INFORMATION

TERRE HAUTE YMCA 1984 BUDGET PRESENTATION

FOOTNOTES FOR BUDGET

A. 8000 LINE, COLUMN 1: THIS FIGURE IS UP FROM 1983 DUE TO THE INCLUSION OF OUR CONTRACT MAINTENACE AGREEMENT (18000.00 PER YEAR) ON THE BUILDING. THIS HAS ALWAYS BEEN IN THE OCCUPANCY LINE BEFORE. THE 1983 FIGURE IS ALSO HIGH BECAUSE OF A LARGE BILL FROM SACKRIDER CO. FOR THEIR WORK IN AUDITING A SITUATION WHICH AROSE IN 1982.

B. 8400 LINE, COLUMN 1983, 1 : THE VARIANCE HERE IS DUE TO THE ABOVE MENTIONED AND ALSO BECAUSE THE 1983 ACTUAL INCLUDES THE DECEMBER 1982 UTILITY BILLS. OCCUPANCY IN 1984 ONLY REFLECTS WATER, SEWAGE, GAS AND ELECTRICITY AND IS BASED ON PRECIOUS CONSUMPTION AND RECOMMENDED INCREASE FROM THE UTILITY COMPANIES.

C. 8500 LINE, COLUMN 1 : THIS FIGURE FOR 1984 IS BASED ON AN AVERAGE EXPENDITURE OF 2000.00 PER MONTH ON REPAIR AND REPLACEMENT OF THE BUILDING. THE 1983 FIGURE IS HIGH BECAUSE OF A MAJOR REPAIR TO THE ROOF (5000.00) AND THE PAYMENT ON COMPLETION OF THE POOL RENOVATION PROJECT. (10,000.00)

D. 9400 LINE : THE ONLY MISCELLANEOUS EXPENSE FOR 1984 IS OUR INSURANCE WHICH IS 700.00 PER MONTH.

E. 9000 LINE, COLUMN 1 : NATIONAL DUES ARE BASED ON 2% OF REVENUES WITH SOME EXEMPTIONS. THEY ARE HIGH IN 1983 BECAUSE WE HAVE HAD TO PAY A PORTION OF BACK DUES OWED THE NATIONAL YMCA (REFERENCE TO 1982 ACTUAL FIGURE TO SEE THIS)

F. 4000 LINE : THE 1982 FIGURE INCLUDES THE LAST INSTALLMENT OF THE TALLEY TRUST (10,000.00). THE 1983 FIGURE IS HIGH BECAUSE OF AN ANONYMOUS GIFT GIVEN THIS YEAR IN THE AMOUNT OF 19500.00. THE 1984 BUDGET FIGURE IS BASED ON PAST HISTORY OF OUR SUSTAINING DRIVE AND BUDGET FOR SPONSORS OF OUR YOUTH SPORTS PROGRAM.

G. 6900 LINE 1984 : THIS IS BASED UPON RENTALS OF THE FACILITY WHICH AVERAGE 320.00 PER MONTH AND A BUDGET FIGURE OF 50.00 PER MONTH OF MISCELLANEOUS INCOMES.

H. 8800 LINE, COLUMN 8 : THIS IS BASED ON A NEED TO CERTIFY OUR FITNESS INSTRUCTORS TO SATISFY OUR LEGAL OBLIGATION AND FOR LIABILITY. THIS IS FOR 13 INSTRUCTORS TO BE CERTIFIED THREE TIMES A YEAR AT 100.00 PER EVENT. WHILE THIS FIGURE APPEARS HIGH, THESE INSTRUCTORS GENERATE 57600.00 IN PROGRAM FEES CONDUCTING NATIONAL YMCA PROGRAMS.

I. 6900 LINE, 1983 COLUMN : THIS FIGURE IS HIGH BECAUSE OF A SETTLEMENT OF A SITUATION THAT AROSE IN 1982 THAT THE UNITED WAY OFFICE IS AWARE OF, AND AS PART OF THE SETTLEMENT MUCH BE KEPT ANNONYMOUS.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF TERRE HAUTE, INDIANA

FINANCIAL STATEMENTS AND AUDITORS' REPORT

DECEMBER 31, 1984

Sackrider & Company incorporated

Sackrider & Company, Inc.
Certified Public Accountants
1925 Wabash Avenue
P.O. Box 330
Terre Haute, IN 47808
(812) 232-9492

Sackrider & Company incorporated

Board of Directors
The Young Men's Christian Association
of Terre Haute, Indiana
Terre Haute, Indiana

We have examined the financial statements of The Young Men's Christian Association of Terre Haute, Indiana for the year ended December 31, 1984, and have issued our report thereon dated April 9, 1985. As part of our examination, we made a study and evaluation of the association's system of internal accounting control to the extent we considered necessary to evaluate the system as required by generally accepted auditing standards. The purpose of our study and evaluation was to determine the nature, timing, and extent of the auditing procedures necessary for expressing an opinion on the association's financial statements. Our study and evaluation was more limited than would be necessary to express an opinion on the system of internal accounting control taken as a whole.

Our study and evaluation made for the limited purpose described in the first paragraph would not necessarily disclose all material weaknesses in the system. Accordingly, we do not express an opinion on the system of internal accounting control of The Young Men's Christian Association of Terre Haute, Indiana taken as a whole. However, our study and evaluation disclosed the following condition that we considered to be a material weakness in internal accounting control and requires corrective action.

Membership Cards

The association derives a substantial amount of income from the sale of memberships for use of the facilities. The evidence of membership is a card held by the member and an application on file in the offices of the association. These cards and applications are not numbered, making control over their issuance difficult. The cards should be sequentially prenumbered with a corresponding application also prenumbered. Voided or spoiled cards and applications should be kept. The executive director has indicated to us that when the new cards for 1986 are ordered they will be prenumbered.

In addition to the above material weakness, we observed certain other conditions that, while not material weaknesses, need to be considered.

Donated Services

When services or items are donated to the association, entries should be made in the general ledger to record the appropriate income and expense from the transaction.

Board of Directors
The Young Men's Christian Association
of Terre Haute, Indiana
Terre Haute, Indiana

Property and Equipment

The association's financial statements do not reflect any value for the building, land and equipment purchased prior to 1984, which is of substantial value in comparison to all other assets. We believe the association should obtain an independent appraisal of the value of the assets owned by the association for disclosure purposes in the financial statements. The resulting information would be of much more value to financial statement readers than is presently available.

The above conditions were considered in determining the nature, timing, and extent of the audit tests to be applied in our examination of the 1983 financial statements and this report does not affect our report on those financial statements dated April 9, 1985.

This report is intended solely for the use of management and should not be used for any other purpose.

We thank you and your staff for the cooperation and assistance which we received during our examination. If you have any questions about our audit comments we will be pleased to discuss them with you.

Sachnidy + Company

Terre Haute, Indiana
April 29, 1985

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Financial Statements and Auditors' Report

December 31, 1984

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Board of Directors
The Young Men's Christian Association
of Terre Haute, Indiana
Terre Haute, Indiana

We have examined the balance sheets of The Young Men's Christian Association of Terre Haute, Indiana as of December 31, 1984 and 1983, and the related statements of revenue, expenses, and fund balance, and changes in financial position for the years then ended. Our examination was made in accordance with generally accepted auditing standards and accordingly included such tests of the accounting records and such other auditing procedures as we considered necessary in the circumstances.

As more fully described in note 1 to the financial statements, the association expensed all capital additions prior to January 1, 1984. In our opinion, generally accepted accounting principles require that such additions be capitalized and depreciated over their estimated service lives.

In our opinion, except for the effects of not capitalizing capital additions, as discussed in the preceding paragraph, the financial statements present fairly the financial position of The Young Men's Christian Association of Terre Haute, Indiana as of December 31, 1984 and 1983 and the results of its operations and changes in its financial position for the years then ended, in conformity with generally accepted accounting principles applied on a consistent basis.

Sackrider & Company

Terre Haute, Indiana
April 9, 1985

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Balance Sheets

December 31,

	1984			1983		
	General Fund	Restricted Fund	Total	General Fund	Restricted Fund	Total
ASSETS						
CASH	$ (4,099)	$ 4,120	$ 21	$ 1,440	$ 4,000	$ 5,440
PREPAID EXPENSES	5,172	-	5,172	2,080	-	2,080
EQUIPMENT						
Equipment	18,708	-	18,708	-	-	-
Less accumulated depreciation	1,340	-	1,340	-	-	-
	17,368	-	17,368	-	-	-
	$ 18,441	$ 4,120	$ 22,561	$ 3,520	$ 4,000	$ 7,520
LIABILITIES						
NOTES PAYABLE TO BANK	$ 14,542	$ -	$ 14,542	$ 20,000	$ -	$ 20,000
ACCOUNTS PAYABLE	40,108	-	40,108	43,451	-	43,451
ACCRUED EXPENSES	1,535	-	1,535	3,124	-	3,124
	56,185	-	56,185	66,575	-	66,575
FUND BALANCE (DEFICIT)	(37,744)	4,120	(33,624)	(63,055)	4,000	(59,055)
	$ 18,441	$ 4,120	$ 22,561	$ 3,520	$ 4,000	$ 7,520

The accompanying notes are an integral part of these statements.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Statements of Revenue, Expenses and Fund Balance

Year ended December 31,

	1984			1983		
	General Fund	Restricted Fund	Total	General Fund	Restricted Fund	Total
Revenue						
Contributions	$ 15,876	$ -	$ 15,876	$ 47,978	$ -	$ 47,978
Contributions-restricted	-	14,757	14,757	-	4,000	4,000
United Way allocation	60,129	-	60,129	53,161	-	53,161
Membership fees	107,454	-	107,454	98,732	-	98,732
Program services fees	144,453	-	144,453	145,517	-	145,517
Rent	5,370	-	5,370	3,137	-	3,137
Sales to public	9,950	-	9,950	11,138	-	11,138
Interest	621	-	621	444	-	444
Other income	9,017	-	9,017	16,146	-	16,146
	352,870	14,757	367,627	376,253	4,000	380,253
Expenses						
Salaries	128,226	2,301	130,527	150,989	-	150,989
Fringe benefits	3,561	-	3,561	5,142	-	5,142
Payroll taxes	11,500	-	11,500	15,314	-	15,314
Sales and use tax	34	-	34	586	-	586
Fees and contracted services	5,906	-	5,906	8,405	-	8,405
Supplies	35,147	721	35,868	42,498	-	42,498
Telephone	4,032	-	4,032	4,163	-	4,163
Postage	1,267	-	1,267	1,399	-	1,399
Occupancy	76,361	12,151	88,512	85,933	-	85,933
Small equipment purchases and maintenance	32,978	-	32,978	38,320	-	38,320
Printing and promotion	5,243	-	5,243	6,185	-	6,185
Transportation	1,486	-	1,486	2,060	-	2,060
Membership dues-support	8,650	-	8,650	8,400	-	8,400
Training	2,890	-	2,890	2,702	-	2,702
Insurance-general	5,815	-	5,815	2,939	-	2,939
Depreciation	1,340	-	1,340	-	-	-
Interest	1,471	-	1,471	84	-	84
Miscellaneous	1,116	-	1,116	3,689	-	3,689
	327,023	15,173	342,196	378,808	-	378,808
EXCESS (DEFICIENCY) REVENUE OVER EXPENSES	25,847	(416)	25,431	(2,555)	4,000	1,445
Fund balance (deficit) at beginning of year	(63,055)	4,000	(59,055)	(60,500)	-	(60,500)
Transfers						
Equipment acquisitions	978	(978)	-	-	-	-
Amount set aside for specific use by board of directors	(1,514)	1,514	-	-	-	-
Fund balance (deficit) at end of year	$ (37,744)	$ 4,120	$ (33,624)	$ (63,055)	$ 4,000	$ (59,055)

The accompanying notes are an integral part of these statements.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Statements of Changes in Financial Position

Year ended December 31,

	1984			1983		
	General Fund	Restricted Fund	Total	General Fund	Restricted Fund	Total
Resources provided						
Excess of revenue over expenses	$ 25,847	$ (416)	$ 25,431	$ (2,555)	$ 4,000	$ 1,445
Items in excess of revenue over expenses not requiring the use of cash						
Depreciation	1,340	-	1,340	-	-	-
	27,187	(416)	26,771	(2,555)	4,000	1,445
Proceeds from notes payable	15,500	-	15,500	20,000	-	20,000
Increase in accrued expenses	-	-	-	188	-	188
Total resources provided	42,687	(416)	42,271	17,633	4,000	21,633
Resources used						
Expenditures for equipment	18,708	-	18,708	-	-	-
Payments on notes payable	20,958	-	20,958	-	-	-
Increase in prepaid expenses	3,092	-	3,092	2,080	-	2,080
Decrease in accounts payable	3,343	-	3,343	26,107	-	26,107
Decrease in accrued expenses	1,589	-	1,589	-	-	-
Total resources used	47,690	-	47,690	28,187	-	28,187
	(5,003)	(416)	(5,419)	(10,554)	4,000	(6,554)
Transfers						
Equipment acquisitions	978	(978)	-	-	-	-
Amount set aside for specific use by board of directors	(1,514)	1,514	-	-	-	-
	(536)	536	-	-	-	-
INCREASE (DECREASE) IN CASH	(5,539)	120	(5,419)	(10,554)	4,000	(6,554)
Cash at beginning of year	1,440	4,000	5,440	11,994	-	11,994
Cash at end of year	$ (4,099)	$ 4,120	$ 21	$ 1,440	$ 4,000	$ 5,440

The accompanying notes are an integral part of these statements.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Notes to Financial Statements

December 31, 1984 and 1983

Note 1 - SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

A summary of the association's significant accounting policies applied in the preparation of the accompanying financial statements follows:

Property and Equipment

Prior to January 1, 1984, all expenditures for capital assets were charged to expense. The capital assets held by the association that were charged to expense are material in relation to total assets on the accompanying financial statements.

Depreciation is provided for assets acquired after December 31, 1983, in amounts sufficient to relate the cost of these assets to operations over their estimated service lives, principally on a straight-line basis.

Income Recognition

Membership dues are recognized as income when received rather than when earned.

Reclassifications

Certain amounts in the 1983 financial statements have been reclassified to conform to 1984 presentation.

Note 2 - RESTRICTED FUND

Donor restricted contributions and funds designated by the board of directors for specific use make up the restricted fund.

Note 3 - NOTES PAYABLE TO BANK

Notes payable to bank consisted of the following at December 31:

	1984	1983
Terre Haute First National Bank-note payable due August 8, 1988 bearing interest at prime plus two percent, fixed annually on anniversary date of loan. Secured by hydrafitness equipment	$ 14,542	$ -
Terre Haute First National Bank-demand note payable bearing interest at prime rates.	-	20,000
	$ 14,542	$ 20,000

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Notes to Financial Statements - Continued

December 31, 1984 and 1983

Note 3 - NOTES PAYABLE TO BANK - CONTINUED

Maturity of notes payable for the next five years is as follows:

1985	$ 3,220
1986	3,738
1987	4,339
1988	3,245
1989	-
	$ 14,542

Note 4 - INCOME TAX EXEMPTION

Pursuant to section 501(c)(3) of the Internal Revenue Code, the association is a not-for-profit organization exempt from federal and state income taxes.

AUDITOR'S REPORT ON SUPPLEMENTAL INFORMATION

Board of Directors
The Young Men's Christian Association
Of Terre Haute, Indiana
Terre Haute, Indiana

Our examinations were made primarily to enable us to express an opinion on the basic financial statements of The Young Men's Christian Association of Terre Haute, Indiana for the years ended December 31, 1984 and 1983, which are presented in the preceding section of this report. The supplemental information presented hereinafter, although not considered essential for a fair presentation of financial position, results of operations, and changes in financial position, has been subjected to the audit procedures applied in the examination of the basic financial statements. In our opinion, the supplemental information is fairly presented in all material respects in relation to the basic financial statements taken as a whole.

Sackrider & Company

Terre Haute, Indiana
April 9, 1985

THE YOUNG MEN'S CHRISTIAN ASSOCIATION
OF TERRE HAUTE, INDIANA

Statement of Revenue and Expenses by Department

Year ended December 31, 1984

	Hydra-fitness Center	Aquatics	Teams and Leagues	Fitness Center	Physical Education	Day Camp	Youth	Administration	Maintenance	Total
Revenue										
Contributions	$ -	$ -	$ 420	$ -	$ -	$ -	$ -	$ 15,456	$ -	$ 15,876
Contributions-restricted	-	-	-	-	-	-	-	14,757	-	14,757
United Way allocation	-	-	-	-	-	-	-	60,129	-	60,129
Membership fees	-	4,282	528	-	13,423	331	350	88,540	-	107,454
Program services fees	7,287	14,045	4,928	48,348	51,822	14,487	3,536	-	-	144,453
Rent	-	-	-	-	-	-	-	5,370	-	5,370
Sales to public	-	-	-	-	-	-	-	9,950	-	9,950
Interest	-	-	-	-	-	-	-	621	-	621
Other income	-	-	-	-	-	-	-	9,017	-	9,017
	7,287	18,327	5,876	48,348	65,245	14,818	3,886	203,840	-	367,627
Expenses										
Salaries	1,883	22,254	4,197	-	25,984	6,836	5,379	50,792	13,202	130,527
Fringe benefits	-	1,056	453	-	353	101	50	1,387	161	3,561
Payroll taxes	-	-	-	-	-	-	-	11,500	-	11,500
Sales and use tax	-	-	-	-	-	-	-	34	-	34
Fees and contracted services	-	-	1,061	-	1,860	-	-	2,985	-	5,906
Supplies	154	749	2,476	6,377	1,945	1,325	1,609	17,005	4,228	35,868
Telephone	-	-	-	-	-	-	-	4,032	-	4,032
Postage	-	-	-	-	-	-	-	1,267	-	1,267
Occupancy	2,206	-	-	242	940	-	3	-	85,121	88,512
Small equipment purchases and maintenance	-	166	281	-	557	1,000	-	1,446	29,528	32,978
Printing and promotion	579	43	148	-	92	82	158	4,141	-	5,243
Transportation	-	-	-	-	-	-	-	1,486	-	1,486
Membership dues-support	-	-	-	-	-	-	-	8,650	-	8,650
Training	-	209	-	-	2,002	100	-	579	-	2,890
Insurance-general	-	-	-	-	-	-	-	5,815	-	5,815
Depreciation	1,161	179	-	-	-	-	-	-	-	1,340
Interest	959	-	-	-	-	-	-	512	-	1,471
Miscellaneous	-	-	-	-	-	-	-	1,116	-	1,116
	6,942	24,656	8,616	6,619	33,733	9,444	7,199	112,747	132,240	342,196
	$ 345	$ (6,329)	$(2,740)	$ 41,729	$ 31,512	$ 5,374	$(3,313)	$ 91,093	$(132,240)	$ 25,431